

# BRIGHTON

## RECREATION CENTER GUIDE



# Winter 2018



## Brighton<sup>SM</sup>

A guide to recreation, education, wellness and community involvement opportunities

**Dec. 7, 2017**

**Resident Registration**

In-Person beginning @ 6:30 a.m.

*(within legal Brighton city limits with proof of residency)*

Online @ 8:30 a.m.

**Dec. 8, 2017**

**Non-Resident Registration**

In-Person beginning @ 6:30 a.m.

Online @ 8:30 a.m.

# General Information

## Table of Contents

General Information .....	1
Facility Information .....	2
Fee Information .....	3-4
Calendar of Events .....	5
Facility Reservation Information .....	6-8
Aquatics .....	9-14
Youth Sports .....	15-19
Summer Job Fair .....	20
Youth Programs .....	21-24
Teen Programs .....	25-26
Brighton Cultural Arts Commission .....	26
General Interest Classes .....	27
Fitness & Wellness Classes .....	28-31
Adult Sports .....	32-33
Summerfest .....	34
Eagle View Adult Center .....	35
Platte Valley Medical Center .....	36-37
Community Garden Application .....	38
Registration Form .....	39
Registration Information .....	40

## WINTER 2018

### Recreation Center Facility Closures

New Year's Day - January 1  
Easter - April 1

For your health the Recreation Center is a  
smoke, drug and tobacco-free environment.

## WINTER Registration

### Brighton Recreation Center

555 North 11th Ave., Brighton, CO 80601  
303-655-2200  
[www.brightonrecreation.com](http://www.brightonrecreation.com)

## Walk-In Registration

### Residents - in person only:

(within legal Brighton City limits with proof of residency)  
Thursday, Dec. 7, 2017 beginning at 6:30 a.m.

### Open Registration - in person only:

Friday, Dec. 8, 2017 beginning at 6:30 a.m.

\*\*Phone registration will be accepted  
Saturday, Dec. 9, 2017 after 7 a.m.

*\*\*Please have activity numbers & credit card info ready.\*\**

## Online Registration

Online registration for most Recreation  
Center programs – go to our website at  
[www.brightonrecreation.com](http://www.brightonrecreation.com) and select  
"Online Registration"



**Open to Brighton residents starting at  
8:30 a.m. Thursday, Dec. 7, 2017**

**Open online registration starts at  
8:30 a.m. Friday, Dec. 8, 2017**

## FUNSHINE CAMP Registration

### Residents - in person only:

(within legal Brighton City limits with proof of residency)  
Thursday, Feb. 1, 2018 beginning at 7 a.m.

### Open Registration - in person only:

Friday, Feb. 2, 2018 beginning at 7 a.m.

*No phone or mail-in registration accepted for Funshine. Must have  
completed Funshine registration packet and required paperwork  
at the time of registration. All paperwork is available at the  
recreation center front desk and online at [www.brightonco.gov/funshine](http://www.brightonco.gov/funshine)  
Please see page 22 for details.*

# Facility Information

## RECREATION FACILITY INFORMATION

### Recreation Center

555 North 11th Ave., Brighton, CO 80601  
(303) 655-2200

#### Facility Hours

**Monday – Thursday**

5:30 a.m. – 9 p.m.

**Friday**

5:30 a.m. – 6:30 p.m.

**Saturday**

7 a.m. – 6 p.m.

**Sunday**

10 a.m. – 5 p.m.

#### Horario

**lunes - jueves**

5:30 a.m. – 9 p.m.

**viernes**

5:30 a.m. – 6:30 p.m.

**sabado**

7 a.m. – 6 p.m.

**domingo**

10 a.m. – 5 p.m.

Areas within the facility may not be available at all times.  
The pool will close a half hour before closing each day.

Esta que areas dentro de la facilidad no estan disponibles todo el tiempo. La alberca cerrará una media-hora antes de cerrar cada día.

### Recreation Center Pool Hours

#### Pool Hours

**Monday – Thursday**

5:30 a.m. – 8:30 p.m.

**Friday**

5:30 a.m. – 6 p.m.

**Saturday**

7 a.m. – 5:30 p.m.

**Sunday**

10 a.m. – 4:30 p.m.

#### Horario

**lunes - jueves**

5:30 a.m. – 8:30 p.m.

**viernes**

5:30 a.m. – 6 p.m.

**sabado**

7 a.m. – 5:30 p.m.

**domingo**

10 a.m. – 4:30 p.m.

Note: There is no open swim during swim lessons.  
See page 14 for lesson times.

Nota: Las Albercas no estan disponible durante clases de natacion. Vea pagina 14 para el horario de lecciones.

### SAY "CHEESE"

The recreation department reserves the right to photograph program participants and patrons for publicity purposes including the program brochure, website, and social media.

## GYM SCHEDULE

- Open gym, including volleyball, is for all ages.
- Half of the gym is designated for volleyball on Monday evenings & Sunday mornings (when other programming isn't scheduled).
- Court shoes ONLY allowed on the gym floor.
- When half of the gym is used for another activity, the open half is only available for shooting. **No full court games allowed.**

Day	Status	Time
Monday	Open	5:30 a.m. - 6 p.m.
Tuesday	Open	5:30 a.m. - 9 p.m.
Wednesday	Open	5:30 a.m. - 9 p.m.
Thursday	Open	5:30 a.m. - 9 p.m.
Friday	Open	5:30 a.m. - 6:30 p.m.
Saturday	Open	7 a.m. - 6 p.m.
Sunday	Open	10 a.m. - 5 p.m.

## Drop-In Child Care

**Monday through Friday**  
**Monday through Thursday**  
**Saturday**

**8 - 11:30 a.m.**  
**5:30 - 8:30 p.m.**  
**8 - 11 a.m.**

- Drop-in Child Care provides supervised child care for children six months through seven years of age.
- Supervised care is available while using the Recreation Center.
- Parents need to register their children upon arrival.
- Only punch cards are accepted in child care; no cash.
- Child care punch cards are available for purchase at the front desk and reloadable in two, five or 15 hour cards.
- Cost is \$2/hour per child. **If you purchase a 15 hour pass you will save \$4!**
- There is a 90-minute time limit per visit.
- Please bring a labeled drinking cup or a water bottle and a snack for your child.

# Fee Information

## Fee Information

### Daily Admission

Your admission fee includes full use of the entire facility including: weight rooms, swimming pools, selected fitness classes, running track, hot tub and saunas, cardiovascular equipment and showers/lockers. Children four and under are free with paid adult admission. Child care services require additional fee.

### Admisión Diaria

Costo de admisión incluye el uso completo de todo el recreación, equipo de pesas, las albercas, clases de aeróbics, sauna y cuarto de vapor. Niños de 4 años y menor entran gratis con la admisión pagado de un adulto. Servicios de cuidado de niños requiere cobro adicional.

### Pass Type Definitions

**Family Pass** – Up to two adults (married couple or civil union) and their dependent children (age 21 years and younger) all residing at the same address. Adults must show residency with a valid Colorado Driver License. Available to non-traditional families with legal guardianship.

**Couple Pass** – A married couple or civil union couple residing at the same address. Couple must be able to show proof of residency with a valid Colorado Driver License displaying same address.

### Attention Recreation Center Pass Holders

All pass holders will need to present their Recreation ID card in order to gain admission into the Recreation Center. As a courtesy to our customers, if you lose your card, we will print a free card for you. After one free card, you will need to pay \$2 for each replacement card.

The Brighton Recreation Center does not offer a towel service. Towels are available as a courtesy to patrons who arrive without their towel on occasion. If you borrow a towel, please expect to reimburse the front desk \$2 per towel.

## ADMISSION FEES

Daily Fees	Resident	Non-Resident
Youth (5-17 years)	\$2.75	\$3.50
Adult (18-59 years)	\$4.50	\$5.50
Seniors (60+ years)	\$2.75	\$3.50
15 Visit Pass	Resident	Non-Resident
Youth (5-17 years)	\$27	\$37
Adult (18-59 years)	\$55	\$68
Seniors (60+ years)	\$32	\$43
Quarterly Pass	Resident	Non-Resident
Student (5-22 years)	\$55	\$80
Adult (23-59 years)	\$86	\$105
Seniors (60+ years)	\$62	\$78
Couple	\$136	\$173
Family	\$175	\$220
Annual Pass	Resident	Non-Resident
Youth (5-17 years)	\$175	\$215
Adult (18-59 years)	\$260	\$330
Seniors (60+ years)	\$160	\$200
Couple	\$400	\$500
Family	\$500	\$640

- A recreation center ID is required to qualify for resident admission status. See page 4 for details.
- Tarjeta de identificación de recreación se requiere para calificar para admisión de residente. Vea página 4 por información.
- Punch Cards, Quarterly and Annual Passes are not considered resident IDs.

2018 fees effective Jan. 2, 2018

### To Err is Human...

Occasionally there may be an error in days, times, registration requirements or fees in our program booklet. When such errors do occur, the staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.



# Fee Information

## Recreation Center Resident Card / Brighton Oasis Resident Card

1. Recreation Center ID cards are required to qualify for resident admission status
2. Proof of residency is required
3. Cards are valid for two years
4. Card Fee: \$5
5. A minor (17 and younger) must be accompanied by a parent or guardian when purchasing a Recreation Center ID card. The adult must meet the residency requirements of the minor.

### Proof of Residency

1. Your current, valid Colorado Driver License with a current address;
2. A valid Colorado identification card with a current address;
3. A real estate tax notice, current utility bill, or a lease or rental receipt.

For complete details on resident cards, please call (303) 655-2200 or visit the Brighton Recreation Center.

## Tarjeta Residencial de el Centro de Recreación /Tarjeta Residencial de Brighton Oasis

1. Tarjetas de identificación se requiere para calificar para admisión de residente
2. Se requiere prueba de residencia
3. Las tarjetas son validas por dos años
4. El costo de la tarjeta es \$5
5. Un joven (17 años o menor) debera ser acompañado por un pariente or guardian al comprar una tarjeta de identificación de el Centro de Recreación. La persona adulta debera cumplir con los requisitos de residencia para el menor

### Prueba de Residencia

1. Licencia de manejar de Colorado valida, con domicilio que sea corriente;
2. Una identificación de Colorado, con domicilio que sea corriente;
3. Una carta o documento de haciendas, o un recibo de ya sea luz, gas, agua, o recibo de renta.

Para mas información sobre tarjetas residenciales, por favor llame (303) 655-2200 o visité el Centro de Recreación.



## Fee Assistance

The City offers a reduced rate plan for individuals and families who apply for assistance and meet specific requirements. Applications may be picked up at the front desk. Please see the front desk staff for a list of specific recreation activities approved under the youth reduced rate program.

## Corporate Membership Discount

This program is designed to offer employees of businesses located within the City of Brighton the opportunity to improve their wellness. Corporate discounts are available for individual 15-visit, quarterly and annual passes.

## Don't Forget...

To bring a padlock or combination lock for the locker rooms. Loaner locks are provided by the Recreation Center with a \$5 deposit, your Recreation ID or your current Driver License. Lost locks/keys are charged a \$7 replacement fee.

# 2018 Calendar of Events

**JAN**

<b>1</b>	New Year's Day (Recreation Center closed)
<b>9</b>	ABCs & 123s and Wee Ones
<b>13</b>	Father/Daughter Dance
<b>15</b>	Coed Volleyball Begins
<b>18</b>	New Year Fitness Party
<b>20</b>	Youth Basketball Begins

**FEB**

<b>1</b>	Funshine Summer Camp Registration
<b>5</b>	Mon/Wed Swim Lessons Begin
<b>6</b>	Night of the Stars Talent Show Audition
<b>10</b>	Love Your Body Brunch
<b>20</b>	Spring Adult Softball
<b>22</b>	Night of the Stars Talent Show

**MAR**

<b>3</b>	Eagle View Spaghetti Luncheon
<b>6</b>	Kitchen Basics for Kids
<b>17</b>	Parks & Recreation Summer Job Fair
<b>24</b>	Egg Dash American Red Cross Lifeguard Training
<b>31</b>	Youth Soccer Begins Pee-Wee Soccer Begins

**APR**

<b>1</b>	Easter (Recreation Center Closed)
<b>7</b>	Mother/Son Showdown
<b>14</b>	Youth: Interstellar Adventure
<b>18</b>	Senior Fitness Appreciation Day
<b>21</b>	Youth Weight Room Orientation

# Facility Rental Information

## Community Rooms

The Recreation Center has three community rooms available for rent. Each room may be used separately or as one large room. The maximum seating for each room is 60 banquet style and 100 theater style. The maximum number for all three rooms is 200 banquet style and 250 theater style. **Community Rooms may be reserved up to one year in advance.**

Rooms	Resident/ Non-Resident	Profit	Nonprofit*	Damage Deposit** No Alcohol/With Alcohol
1 Room	Resident	\$35/hr	\$17.50/hr	\$150/\$250
	Non-Resident	\$55/hr	\$27.50/hr	\$150/\$250
2 Rooms	Resident	\$70/hr	\$35/hr	\$250/\$350
	Non-Resident	\$110/hr	\$55/hr	\$250/\$350
3 Rooms	Resident	\$105/hr	\$52.50/hr	\$350/\$450
	Non-Resident	\$165/hr	\$82.50/hr	\$350/\$450

\*Nonprofit organizations must provide state of Colorado tax exempt ID number to receive nonprofit rate.

\*\* Deposit is due at the time of booking, does not apply towards rental fee.

**Additional Fees:** All rentals incur a \$25 set up fee. Kitchen is a flat fee of \$30. Additional charges for after hours rentals of \$10/hour.

## Security

All events requesting alcohol are required to be monitored by (1) off-duty Brighton Police Officer for parties of 60 persons and under and (2) off duty Brighton Police Officers for parties over 60 persons. The officer(s) must be present one-half hour before alcohol is to be served and must be present through the remainder of the event. The Brighton Recreation Center will make arrangements for all security. Alcohol may be served for a maximum of four hours and must be discontinued by 11 p.m. **Alcohol is limited to beer & wine only**, with no glass containers. The fee for security is \$50/hr/officer.

## Birthday Swim Package

Let us help plan your child's birthday celebration. Birthday parties are held Saturdays and Sundays from 1-2 p.m. with swimming from 2-4 p.m. Parties are for youth 12 years and under and for **16 people** total.

**Solid Party** – Color choices: Pink, Purple, Yellow, Blue, Red, White, Orange or Green

Cost: \$80 plus \$50 damage deposit

Package includes: Quarter-sheet cake in your choice of flavors, two 2-liters of soda, plates, cups, napkins, forks, swimming cards and the right number of candles. Bring your own lighter or matches.

*\*All pool rules apply to birthday party participants.*

Upgrade to a Cold Stone Creamery ice cream cake.

**Add \$10**

Choose one of each:

**Cake Flavor:** Vanilla, Chocolate or Marble

**Ice Cream Flavor:** Vanilla, Chocolate or Oreo



## Parental Supervisory Rule

For the safety of your child at all aquatic facilities in the City: Children 6 years and under must be accompanied by a supervisor in the water, 16 years and up when in the pool. Children 7 years of age need to have supervision by a parent or guardian aged 16 years and up from the pool deck. Adult to child under age six ratio not to exceed one adult to three children.

- Call (303) 655-2200 for more information
- Rental is required at least two weeks prior to party date
- A \$50 damage deposit and payment is required at the time of booking
- Remember to bring locks for the locker room

# Facility Rental Information

## Community Gardens

\$20 for residents/\$30 for non-residents – all plots are the same price. The Community Gardens are located at:

Adventist Garden	781 S. 5th Ave. between Voiles St. & Bromley Ln.
Denver St.	1119 E. Denver St. near the Recreation Center
Ken Mitchell Garden	889 Kinglet Ct. adjacent to Ken Mitchell Park, includes smaller raised beds
Northgate Garden	4801 Mt. Evans St. in the Northgate subdivision
Zion Garden	395 S. 14th Ave. adjacent to Zion Lutheran Church

Plots are available for reservation for 2018 growing season, beginning at **7 a.m. on Friday, Jan. 5, 2018 for Brighton residents** and at **7 a.m. on Friday, Jan. 19, 2018 for non-residents**. Returning gardeners will be allowed to reserve their same plot on a space available basis starting on Nov. 3, 2017. See page 38 for Community Garden Application.

## 1886 Church Reservations

The 1886 Church is available for rentals and tours. The 1886 Church is located at 147 S. 1st Ave., Brighton, CO. The church can seat approximately 60 people. Folding chairs can be placed in the church to accommodate 10-15 additional people. (Chairs are not provided.) Restrooms are not available.

The fee schedule is as follows:

- \$150 deposit to reserve the date of the rental
- \$35 deposit for the check-out of the keys
- \$50 resident rental fee
- \$70 non-resident rental fee

## Refund Policy for Facility Rentals

### For Community Rooms & the 1886 Church:

If a cancellation is at least 30 days prior to the event, there is a \$30 cancellation fee. If a cancellation is less than 30 days prior to the event, the entire damage deposit is forfeited.

### For Park Shelters:

There is a \$5 cancellation fee per shelter for all park shelter cancellations. If a cancellation is less than 10 days prior to the event, there are no refunds. No refunds for inclement weather.

### For Community Gardens:

If a cancellation is prior to the gardening season [water is turned on], there is a \$5 cancellation fee. No refunds after the gardening season has started.

### For Brighton Oasis Rentals:

If a cancellation is at least 15 days prior to the event, there is a \$5 cancellation fee. If a cancellation is less than 15 days prior to the event, the entire damage deposit is forfeited.

For more information regarding all rentals, please contact the Recreation Center at 303-655-2200.

## Park Shelters:

Shelters may be rented from May through September with some limitations on seasonal availability. Fees to reserve a shelter are as follows:

Park Shelters	
Resident \$55	Non-Resident \$65
The following parks are available May 12 to September 3 10 a.m. - 10 p.m. daily:	
Benedict Park	
Brighton Park	
Carmichael Park	
The following parks are available June through August 12 p.m. - 10 p.m. daily:	
Dewey Strong Park	
Donelson Park	
Farmer's Park	
Pheasant Ridge Park	

Benedict Splash Pad Shelter	
Resident \$75	Non-Resident \$95
Splash Pad @ Benedict Park is open 10 a.m. - 7 p.m. May 26 to Sept. 3, 2018	

*Rentals must be booked at least 10 days in advance and payment is due at the time of the reservation.*

*All reservable park shelters are on a first-come, first-serve basis, when not booked a minimum of 10 days in advance. All other shelters not listed will operate on a first come, first serve basis. Advance bookings will be accepted for the 2018 season starting in **January 2018**.*





# Facility Reservation Information



*Advance bookings for the  
Summer 2018 Season  
start  
January 2018*

Party packages, pavilion rentals, shade shelter and private after hour rentals available.

## Brighton Oasis Party Packages, Pavilion and Shade Shelter Rentals

<b>Party Package A</b>	Up to 15 admissions and a 2 hour pavilion rental with soda, ¼ sheet cake and all paper products. <b>Cost \$170 + \$50 deposit</b>
<b>Party Package B</b>	Up to 25 admissions and a 2 hour pavilion rental with soda, ½ sheet cake and all paper products. <b>Cost \$230 + \$50 deposit</b>
<b>Pavilion Rental</b>	This option is ideal for the do-it-yourselfers who just need their own sheltered space to host their own gathering. Admission not included. <b>Cost \$45/hour + \$50 deposit</b>
<b>Shade Shelter</b>	A covered seating option away from the action. Located in the northwest corner of the property, this area includes two lounge chairs and a small table with four chairs. Admission not included. <b>Cost \$15/hour, no deposit.</b> Available for pre-booking or day of rentals. For pre-booking until May 26, call 303-655-2200. For pre-booking after May 26, call the Oasis front desk. For day-of rentals, please inquire at the Brighton Oasis front desk.

Pavilion rental time slot options: 11 a.m.-1 p.m.; 1:30-3:30 p.m.; 4-6 p.m.

## Brighton Oasis After-Hour Rental Information and Policies

Come and join us at the Oasis for an after-hours party or celebration. This is the perfect idea for your company or for family and friends to enjoy the amenities exclusively! After-hours rentals are available every day from 6:30-8:30 p.m.

The rentals may begin setting up for their rentals no earlier than 6 p.m. Book your party now as spots will go fast. Starting in mid-July, pool access will need to end prior to 8:30 p.m. due to diminished light & safety concerns related to this. Proration and adjustments will be made at the time of booking.

Guest count is required at the time of the booking with a 20 person variance allowed.

## AFTER-HOURS RENTAL FEES

1 to 100 guests	\$400 + \$100 refundable deposit
101 or more	\$3 each additional person

## To book your rental:

We are accepting bookings for rentals for the 2018 season starting Jan. 8, 2018. For information or to book your rental, please call the Recreation Center at (303)-655-2200. We request at least two weeks notice for all rentals (except shade shelter) and require the damage deposit & full rental payment at time of booking.

## Pool Rental Regulations

- Alcoholic beverages are prohibited. Evidence of alcohol will result in immediate expulsion from the facility. No refund will be given.
- All facility and pool rules are strictly enforced.

## Cancellations within two weeks

Deposit will be forfeited. In the case of bad weather we can reschedule the event, subject to availability. If rescheduling cannot be accommodated, you will receive a full refund.



# Aquatics

## Indoor Pool - General Information

The Brighton Recreation Center offers a five lane, 25-yard, year round pool for leisure swimming, lap swimming, fitness lessons and educational programming. For you and your family's enjoyment, there is a leisure pool with a bubble bench, water works and slide.

## Aquatics Contacts:

### Pool Manager:

Taylor Krolopp - TKrolopp@brightonco.gov  
303-655-2211

### Aquatics Coordinator:

Angela Yazdani - AYazdani@brightonco.gov  
303-655-2213

### Aquatics Supervisor:

John Workman - JWorkman@brightonco.gov  
303-655-2212

## Hours of Operation

### Monday through Thursday

5:30 a.m. - 8:30 p.m.

### Friday

5:30 a.m. - 6 p.m.

### Saturday

7 a.m. - 5:30 p.m.

### Sunday

10 a.m. - 4:30 p.m.

*The Recreation Center Pool is available for open and lap swimming daily. The pool closes 30 minutes before the Center closes.*

## Pool Closures

There will be no open swim during M/W and T/Th swim lessons. Saturday mornings the leisure pool will open at 10:15 a.m. for open swim. During CARA swim practice, the entire lap pool is closed. There will be no lap space available M/W during CARA swim team from 5:30 p.m.-7:10 p.m. On M/W from 6-7 a.m. The Masters Swim team will require 2-3 lanes.

## Slide and Waterworks Schedule

### Monday - Thursday

10:15 a.m. - 4:15 p.m.

6:15 p.m. - 8:30 p.m.

### Friday

10 a.m. - 6 p.m.

### Saturday

10:15 a.m. - 5:30 p.m.

### Sunday

10 a.m. - 4:30 p.m.

*During group swim lessons the slide, bubble bench and waterworks will be closed.*

## Rest Period

Every hour on the hour from noon to 4 p.m., there is a 10-minute rest period. Both pools will be cleared except for ADULT (17 years of age and older) lap swimmers and adults with infants under one year of age.

## DON'T FORGET

You must wear a swimsuit in our pools.  
No basketball shorts, tee shirts or street clothes.

Trajes de baño son requerido en las albercas. No pantalones cortos de baloncesto, camisetas de algodón o ropa de calle.

## Hot Tub, Dry Sauna & Steam Room Rules

1. You must wear proper swim wear in the hot tub, steam room, and sauna. No long sleeves or pants.
2. You must shower before entering.
3. You must be at least 17 years old.
4. Electrical or battery operated equipment may be damaged by hot temperatures.
5. No spitting or release of bodily fluids allowed.
6. Be cautioned that long exposure to these high temperatures may cause fatigue, dizziness, shortness of breath and nausea. Please do not spend more than 15 minutes in hot tub.
7. If you are pregnant or have a heart condition, please consult your physician before using the hot tub.

## Open Swim Note:

All groups of 10 participants or more must be pre-approved by Aquatics Coordinator.

## PARENTAL SUPERVISORY RULE:

- Children ages 6 and under must be accompanied within arms' reach by a parent or guardian age 16 years or up when in the pool (No exceptions).
- Children 7 years of age need to have supervision by a parent or guardian aged 16 years or up from the pool deck.
- Adult to child under age 6 ratio not to exceed 1 adult to 3 children.
- Niños 6 años y menor deben ser atendidos dentro de la distancia de sus brazos por un padre o supervisor 16 años o mayor en la alberca. (No excepciones.)
- Niños 7 años de edad deben ser supervisados por un padre o supervisor 16 años o mayor de la plataforma de la alberca.
- Adulto a niños proporción para no exceder 1 adulto a 3 niños.

# Aquatics

## Do You Need a Job? Something Fun in the Sun? Looking for Extra Cash?

Even though there may be snow on the ground, now is the time to think about your employment for the summer. Applications will be accepted for temporary/seasonal employment. We are looking for lifeguards and swim instructors for the summer season for the Brighton Oasis and the Recreation Center. We work around your schedule, so you don't have to worry about interfering with sports, school, or other commitments. You may even find time for homework while you get paid!

\*For more details please call the Aquatics office at (303) 655-2211.

## Masters Swim Team

Do you want to swim on an adult swim team to improve your endurance and strength? Do you need motivation and coaching to swim a good work out? Come join the Master's Swim Team today! This hour workout will be provided with proper direction and technique improvement to build your strength, endurance and times.

**Cost:** \$35

Age	Day	Dates	Time	Session
17+	Mon/Wed	Jan 8-April 11	6-7 a.m.	312002A

**Location:** Recreation Center Pool

## CARA Swim Team

An introduction to competitive swimming including: freestyle, backstroke, breaststroke and butterfly. Continued stroke development and an introduction to swimming in a productive team environment are also developed.

**Age Recommendation:** Six-16 years or pass skills test at Level Five.

Must be comfortable in the deep and shallow ends of the pool. Needs to be able to perform front and back crawl with rhythmic breathing unassisted for 25 yards. The swimmers will be swimming the length of the pool during practices so this is a requirement.

For more information contact the Pool Manager at (303) 655-2213.

**Cost:** \$80

Days	Dates	Time	Session
Mon & Wed	Jan 8-April 11	5:30-6:15 p.m.	312003A
		6:25-7:10 p.m.	312003B

**Location:** Brighton Recreation Pool

## Swim Meet Dates

February 25	Northglenn
March 10	Longmont - 3 p.m. warm-up
April 29	Westminster

Please contact the Aquatics Coordinator at (303) 655-2213 for more information on the aquatics program.

## American Red Cross Blended Learning Lifeguard Training

This is an accelerated version of our lifeguard training. Lifeguard candidates must be able to pass all swim prerequisites to remain enrolled in the course (300 yard swim, 2 min treading water, no hands & 10lbs brick retrieval). Swim prerequisites will be performed the Saturday before the first day the class meets. The "deeplink" will be given to those that pass the prerequisites and will be able to register online with the American Red Cross deeplink that Saturday. Candidates that would like to interview with the Brighton Aquatics Department may have the opportunity to have the rec registration fee waived.

For questions about the lifeguard course call 303-655-2213.

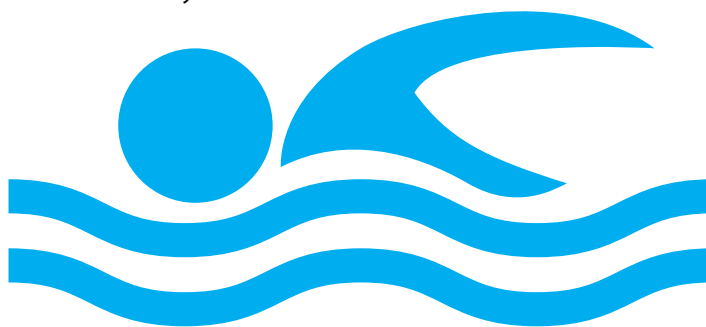
**Cost:** \$75 Registration & License Fee

(\$35 of the registration fee will be paid directly to ARC online)

Age	Days	Dates	Time	Session
15+	Sat-Mon	Jan 13-15	9 a.m.-4 p.m.	312001A
		Feb 17-19		312001B
		March 24-26		312001C
	Thu-Sat	March 29-31		312001D

**Location:** Brighton Recreation Center

*Note: You must be able to complete the prerequisite skills on the first day to continue. Swim lessons and endurance building are not provided during the Lifeguard Training course and should be addressed before the first day of class.*



We are always hiring  
**swim instructors!**  
For inquiries please call 303-655-2213

We will train the  
right candidates for free!

# Aquatics

## Private Swim Lessons

Lessons are available for those who want more individualized attention. We have a "pool" of enthusiastic instructors looking forward to helping you or your child achieve your goals! Please allow at least one week for initial contact.

## Private Lesson Packages

Cost	Day/Time
4 pk-\$100 PLPP4 8 pk-\$200 PLPP8	Times available upon instructor and student compatibility

## Semi-Private Lesson Packages

Semi-private lessons are for 2-4 children with an instructor.

**Participant must provide the additional student** to make it a semi-private lesson. Each lesson is 30-minutes long. Lessons are set up in order received.

Cost	Day/Time
4 pk-\$60 SPLPP4 8 pk-\$120 SPLPP8	Times available upon instructor and student compatibility

If you have questions on lessons or are interested in registering for private or semi-private lessons, please call Angela Yazdani at (303) 655-2213 or Taylor Krolopp at (303) 655-2211.

## Swim Lesson Information

## Swim Lesson Quick Tips

- There is no sure way to predict how quickly your child will progress. Consider that most children do not pass a class after just one session. Breakdown just one session in hours (range from two to four hours a month) and consider how quickly a skill can be taught, learned and demonstrated.
- Pollywogs is similar to Level One while Guppies is similar to Level Two. Minnows is an advanced pre-school level that incorporates skills from both of Level Two and Beginner Level Three. The reason for the preschool separation is to avoid huge age differentials i.e., a four year old in level one with a nine year old.
- Please keep in mind the benefit of being added to the waitlists. Your child may end up in a class. There have been changes to the way you sign up for waitlist. There is now only one waitlist for evenings and one for morning for each session. If possible, we will open up whichever class has the highest demand.
- If you want your child to be safe around the water by summer, sign them up for swim lessons now!
- Contact aquatic management for any questions or concerns regarding your child's swim level placement including future registration.

## Swim Lesson Registration

*\*Please review our refund policy\**

- All classes must have at least three registrants. Classes that do not reach minimum enrollment of three participants are subject to either cancellation or 20 minute sessions. If a class has not been canceled and has only one student registered, the class will be 20 minutes each instead of 30 minutes. (Excluding private and semi-private lessons)
- **Registration deadline for all lessons is five business days before each session begins. You will not receive a refund after this time has passed.**
- Class maximums are set for quality and safety reasons.
- Fees must be paid at time of registration.

*\*Note: A parent or legal guardian may only register their child(ren) under age 18.*

## Splash and Play

### Parents and Children Swim Meet Up at the BRC Pool

Are you tired of being stuck inside all day? Could you use a little adult conversation (while still keeping a watchful eye on your little one of course)? Meet up at the BRC Pool on M/W/F anytime between 10:15 a.m.-1:15 p.m. and shake that cabin fever! This is an excellent way to make new friends and get your children prepared for swimming lessons.

**Cost:** \$2 per person

(Splash and Play pricing only)

Age	Day	Date	Time
Parents	M/W/F	*Jan 8-April 27	10:15 a.m.-1:15 p.m.

*\*No Splash and Play January 15, February 19 and March 26-April 6 due to Spring Break*



## Dive In Movie-The Goonies

### Goonies Never Say Die!

Bring your family to the Brighton Recreation Center pool and get your truffle shuffle on. This movie is for all ages, and the cost is only \$8 per person. Space is limited so please register in advance.

**January 27 6:30-8:30 p.m. - 313018**

# Aquatics

## SWIM CLASS DESCRIPTIONS

There is a maximum of six participants in most class offerings excluding the class "Water Babies" which has a maximum of 10 children and their parent. Due to the parent to child ratio in Water Babies, higher class maximums can be possible with the approval of Aquatic Management. Upper level swim lessons may have a higher class maximum due to advance swimming abilities. Classes that do not reach minimum enrollment of three participants are subject to either cancellation or 20 minute sessions. To register, contact the recreation center (303) 655-2200. Please refer to age ranges when enrolling students. To ensure class safety, students enrolled incorrectly may be removed from lessons if we do not have room for them to move to the correct class. For more information on swim lessons and placement, contact the Pool Manager at (303) 655-2213.

**\*Note: We no longer hand out report cards at the end of each session.**

In an effort to better educate, prepare and save in paper products, we have combined the report cards into two separate booklets. Our easy to follow swim lesson booklets have tips, pointers and report cards your swimmer will be able to keep all in one place. Booklets are provided to all swimmers enrolled once at no charge and are intended to travel with the swimmer throughout the swim program. Replacement booklets are available at the front desk for \$5. All swimmers must have a progression booklet to maintain a history of their accomplishments.

**WB**

### Water Babies:

Ages 6 months - 3 years

Parents must accompany the child in the water. Safety, water adjustment, and water exploration are a few of the skills that will be taught to the parents to enable them to teach their child outside of the structured class as well as introducing a student/instructor relationship. Underwater exploration for both adults and babies is encouraged. Swim students will practice assisted front floats and back floats as well as beginner breathe control and water safety topics.

**PG**

### Preschool Guppies

Ages 3-5 years

This class is recommended for students that have successfully passed Preschool Beginner Pollywogs. Students will build on the basic fundamentals learned in the beginner class including underwater exploration. Independent front glides and back glides will be the focus of this class and the foundation of freestyle and backstroke. To pass this class, students must be able to independently demonstrate front glides and back glides for 10 seconds or two body lengths, whichever distance is further. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Preschool Minnows.

**TC**

### Toddler Crabs:

Ages 12 months-3 years

Parents will accompany their little swimmer in the zero depth area of the leisure pool. This class is intended to continue your toddler's development and awareness in water. Queuing will be a strong topic in class to support water safety. Your toddler will learn to navigate in water no deeper than chest deep. Our little crabs will learn how to "crab walk" and "alligator walk" in the zero depth as well as continue to practice breathe control, assisted floats and assisted glides.

**PM**

### Preschool Minnows

Ages 3-5 years

*\*Class will be held in the lap pool\**

This class is recommended for students that have successfully passed Preschool Guppies. Students will continue independent swimming progressions in this class including proper freestyle starts from the side of the wall, introduction to beginner freestyle, proper starts for back stroke and beginner back stroke. Students that successfully pass this class must be able to swim independently and comfortably half the length of the lap pool (both beginner freestyle and back stroke). Class participants will swim in the lap pool most or all days. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Level 3. \*Swimmers can expect a minimum of 6 months enrolled in Minnows before progressing to Level 3.

**PBP**

### Preschool Beginner Pollywogs

Ages 3-5 years

There are no prerequisites. This class is recommended for children who have little to no experience in the water and will be introduced to the teacher/student relationship. The objective is to help students acclimate and navigate in the water and to learn how to enjoy the water safely. Students will be introduced to proper breath control, putting their face in the water, assisted floating front/back, assisted front glides. Underwater exploration will be introduced. Students will progressively learn to demonstrate skills independently. Students that successfully pass this class will be able to demonstrate front floats and back floats independently for 10 seconds each. Please refer to age ranges when enrolling students.

**1**

### Level 1: Water Exploration

Ages 6+

There are no prerequisites. This class is recommended for children who have little to no experience in the water. Students will be introduced to the teacher/student relationship. The objective is to familiarize students to the water and to learn how to enjoy the water safely. Students will be introduced to breath control, putting their face in the water, assisted front/back floats, and front glides. Underwater exploration will also be introduced and practiced. Students will need to proficiently perform proper front floats and back floats to pass on to Level 2. Please refer to age ranges when enrolling students.



# Aquatics

## SWIM CLASS DESCRIPTIONS (cont)

2

### Level 2: Fundamental Skills

Ages 6+

This class is recommended for students who have successfully completed Level 1. The objective is to build students' confidence with fundamental skills previously learned including underwater exploration, independent front floats and back floats. Other skills include breath control, front/back glides and an introduction to freestyle and beginner back stroke. Students will progressively learn to demonstrate front glides and back glides independently. Students will pass to Level 3 when they are able to perform proper front glides (with proper breathe control) and back glides independently for 10 seconds or two body lengths each.

3

### Level 3: Stroke Mechanics

Ages 6+

This class is recommended for students who have successfully completed Preschool Minnows or Level 2. We are learning some good stuff in this class! The objective is to continue progressions with freestyle and back stroke. Students will continue to refine proper breathing techniques for each stroke learned. There will be an introduction to breast stroke and elementary back stroke as well as an intro to treading water. Students are required to demonstrate advanced swim skills such as swimming the full length of the lap pool independently both freestyle and backstroke to register for Level 4. Demonstration of Level 3 safety skills will also be required.

4

### Level 4: Stroke Development

Ages 6+

This class is recommended for students who have successfully completed Level 3. We are really kicking our swim skills into gear in this class! Freestyle and back stroke skills will be refined with drills and distance swimming as well as an intro to proper "starts" (intro to diving). Proper side breathing technique for freestyle will be taught. Beginner breast stroke will be introduced and practiced as well as improving their elementary back stroke. Students will build endurance and strength with personalized goals for distance swimming. Advanced Swimmers will be encouraged to work on swimming 50 yards of freestyle, back stroke and elementary back stroke. Treading water will also be practiced. Dolphin kicking will be introduced and practiced. Once advanced skills are met, swimmers will be ready to move on to Level 5.

*\*Swimmers interested in Mermaid Academy will be eligible to enroll and trade their land loving legs for a more appropriate mermaid tail! This is a special course that will teach mermaid etiquette, history and tail technique. Like us on Facebook for upcoming classes and times.*

5

### Level 5: Stroke Refinement and Endurance

Ages 6+ (\*class may exceed six participants)

This class is recommended for students who have successfully completed Level 4. Try to catch us if you can! We will be focusing on building swim endurance using the three competitive strokes (free, back and breast stroke) learned as well as refining techniques. Students in this class are familiar with competitive swim strokes. Side stroke will be taught. Distance swimming is the priority in this class with an introduction to flip turns and butterfly. Once advance skill ability is met, students will have the option to move to our CARA swim program or continue on to Level 6.

6

### Level 6: Distance Swimming

Ages 6+ (\*class may exceed six participants)

Students enrolled in this class have the ability to swim 50 yards at a time, all strokes. This level is new to the program and is intended for the swimmer with ambition to just keep swimming! Lifeguard goals would be another great reason to enroll in this class! Flip turns will be encouraged during swim sets. 100 yard swims will be the goal for students.



# Aquatics

## 2018 WINTER SWIM LESSONS

Please show up 5 minutes early to your first class. Water Babies & Crabs (Parent-tot) classes (for children ages 6 months to 3 years) are separate registration numbers, see below. Class size will range from three to six participants per instructor.

Session A & B Swim Lesson Registration*
<b>Residents Only</b> - Thursday, Dec. 7, 2017 In person only beginning at 6:30 a.m., online beginning at 8:30 a.m. <i>(within legal Brighton City limits with proof of residency)</i>
<b>Open Registration</b> - Friday, Dec. 8, 2017 In person only beginning at 6:30 a.m., online beginning at 8:30 a.m.

Session C Swim Lesson Registration
<b>Residents Only</b> - Thursday, Feb. 15, 2018 Walk in or online at 7 a.m., call in at 8 a.m. <i>(within legal Brighton City limits with proof of residency)</i>
<b>Open Registration</b> - Thursday, Feb. 15, 2018 Walk in or online at 1 p.m., call in at 2 p.m.

\*Phone registration for Session A & B will be accepted on Saturday, Dec. 9, 2017 after 7 a.m.

### Monday / Wednesday Morning Swim Lessons

8:30-9 a.m.	Pollywogs	Level 1
	313020	312015
9:05-9:35 a.m.	Minnows	Guppies
	313040	313030

Each session consists of eight 30-minute lessons for \$30

### Monday / Wednesday Afternoon Swim Lessons

4:30-5 p.m.	Pollywogs	Level 2	Guppies	Level 4	Level 5
	313026	312030	313037	312045	312051
5:05-5:35 p.m.	Level 1	Pollywogs	Level 3	Crabs	Guppies
	312018	313028	312037	313055	313031
5:40-6:10 p.m.	Water Babies	Pollywogs	Minnows	Level 2	Level 6
	312005	313021	313042	312029	313066

Each session consists of eight 30-minute lessons for \$30

### Tuesday / Thursday Afternoon Swim Lessons

4:30-5 p.m.	Water Babies	Guppies	Level 4	Pollywogs	Level 5
	312006	313032	312050	313027	312056
5:05-5:35 p.m.	Pollywogs	Level 1	Crabs	Level 3	Minnows
	313022	312021	313056	312040	313046
5:40-6:10 p.m.	Pollywogs	Level 2	Guppies	Level 3	Level 6
	313023	312032	313033	312060	313067

Each session consists of eight 30-minute lessons for \$30

### Saturday Morning Swim Lessons

8:30-9 a.m.	Water Babies	Pollywogs	Minnows	Level 2	Guppies
	312007	313024	313044	312033	313034
9:05-9:35 a.m.	Pollywogs	Guppies	Crabs	Level 3	Level 4
	313025	313035	313057	312043	312049
9:40-10:10 a.m.	Level 1	Level 6	Level 3	Guppies	Level 5
	312025	313068	312044	313036	312054

Each session consists of four 30-minute lessons for \$15

Choose your session
Session A Jan 8 - 31
Session B Feb 5 - 28
Session C March 12 - April 4

Choose your session
Session A Jan 8 - 31
Session B Feb 5 - 28
Session C March 12 - April 4

Choose your session
Session A Jan 9 - Feb 1
Session B Feb 6 - Mar 1
Session C March 13 - April 5

Choose your session
Session A Jan 13 - Feb 3
Session B Feb 10 - Mar 3
Session C March 17 - April 7

# Youth Sports



It's time to learn and polish your defensive, shooting, dribbling, and team basketball skills. Youth Basketball is offered to all youth, ages 6 to 12 years old. Practices are held once a week for 6-7 yr olds and twice a week for 8-12 yr olds. Games are played on Saturdays. Fee includes uniform shirt.

**Deadline to register: Dec. 15**

**Cost:** \$60\*(shirt included)

*\*A \$5 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
6-7 yrs Girls	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130001
6 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130002
7 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130003
8-9 yrs Girls	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130004
8 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130005
9 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130006
10 yrs Girls	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130007
11-12 yrs Girls	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130008
10 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130009
11-12 yrs Boys	Saturday (games) Practice tbd	8:30 a.m. - 3 p.m.	Jan 20-Mar 3	130010

**Location:** Local schools and the Brighton Recreation Center

*\*Please see Team Selection Procedure for all Youth Sports!\**

**Coaches Meeting:** Saturday, Jan. 6 at 10 a.m. at the Brighton Recreation Center

**\*Make-up Coaches Meeting:** Saturday, Jan. 13 at 10 a.m. (coaches who attend the make-up meeting will receive second pick of practice times and locations).

## City of Brighton Youth Sports Registration Timelines & Policies

Brighton Youth Sports typically has two registration phases, open registration, and waitlist registration. Our approximate timeline is as follows:

- Approximately 4-6 weeks of open registration; registration at the designated fee without additional charges.
- Approximately 1-2 weeks of waitlist registration; participants will be placed on a waitlist and may be added if the program can accommodate additional participants. Fees will not be collected during this phase of registration. Fees are collected when the participant is added to the enrolled roster.  
*\*Those registered during waitlist registration are not guaranteed registration for the activity.*
- Please understand that although Brighton Youth Sports exists to serve as many participants as is logistically possible, waitlist registration often strains the timeline and resources of the program and often causes those registered before the deadline to be inconvenienced. In order to maintain the quality and integrity of the program, deadlines must be adhered to in strict manner.
  - Participants who register during waitlist registration will often be added to teams at a later date than those registered during open registration
- Programs will be advertised in our Parks and Recreation Guide available online at [www.brightonco.gov](http://www.brightonco.gov) and at the Brighton Recreation Center.
- Although other methods of promotion will be used, it is the responsibility of the participant and his/her parents to become aware of registration timelines.

In person registration is accepted at the Brighton Recreation Center or by telephone at 303-655-2200.

## Online Information

Schedules and updates now  
available online  
@ [www.brightonrecreation.com](http://www.brightonrecreation.com)



# Youth Sports



## Online Information

Schedules and updates now available online  
@ [www.brightonrecreation.com](http://www.brightonrecreation.com) and  
[www.teamsideline.com/brightonco](http://www.teamsideline.com/brightonco)

## Pee-Wee Soccer

An introduction to the game of soccer for your little one. Pee-Wee is three-on-three soccer with no goalie. Practice on Saturdays 30 minutes before the game. Coaches will be required to officiate Pee-Wee games. **Parents are needed to coach!**

**Deadline to register: March 12, 2018**

**Cost: \$40\***(shirt included)

*\*A \$5 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
4-5 yrs	Sat	9 a.m.-2 p.m.	March 31-May 5	110001 A-Z

**Location: Brighton Park**

**Parents:** Be sure to pick up handout at registration

**Brighton Youth Sports** reserves the right to require child's birth certificate to verify age.

**Coaches Meeting:** Saturday, March 24 at 9 a.m. at the Brighton Recreation Center

## Youth Soccer

Boys and Girls! Join the Youth Soccer League for fun and skill development. Games are played at Benedict Park, Donelson Park and Brighton Park on Saturdays, beginning in April. Parents are needed to coach Ages 6-12 years old.

**Parents:** Be sure to pick up handout at registration.

**Deadline to register: March 5, 2018**

**Brighton Youth Sports** reserves the right to require child's birth certificate to verify age. The recreation center reserves the right to make leagues co-ed if necessary.

**Cost: \$55\***(shirt included)

*\*A \$5 late fee will be assessed for late registrations*

Age	Day	Time	Date	Session
U6 Girls (6 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	March 31 - May 12	110002
U6 Boys (6 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	March 31 - May 12	110003
U7 Girls (7 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	March 31 - May 12	110004
U7 Boys (7 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	March 31 - May 12	110005
U9 Girls (9 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	March 31 - May 12	110006
U9 Boys (9 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	March 31 - May 12	110007
U12 Girls (12 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	March 31 - May 12	110008
U12 Boys (12 & Under)	Saturday (games) Practice (weekdays)	Games: 8:30 a.m.-3 p.m.	March 31 - May 12	110009

**Location: Brighton Park, Donelson Park, Benedict and other city parks**

*\*Please see Team Selection Procedure for all Youth Sports!\**

**Coaches Meeting:** Thursday, March 15 at 6 p.m. at the Brighton Recreation Center

# Youth Sports



## The British are coming!

British Challenger Soccer is coming to Brighton this summer to provide the #1 soccer camp in the U.S. and Canada.

*(You can find details and you must register for the camp at [www.challengersports.com](http://www.challengersports.com).)*

**All soccer camps are held at Brighton Park, at 555 N. 11th Ave.**



## Half-Day Player Development Camps

Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games. This all action camp is our most popular program. Three hours per day for five days.

**Cost: \$145**

Age	Day	Time	Date
6-16 yrs	Monday - Friday	9 a.m.-noon	July 9-13
6-16 yrs	Monday - Friday	5:30-8:30 p.m.	July 9-13

## First Kicks

Young players are introduced to game basics through fundamental activities, games and fun soccer challenges. One hour a day for five days. Parents are encouraged to join in and help guide their child through this fun learning experience.

**Cost: \$90**

Age	Day	Time	Date
3 yrs	Monday - Friday	11 a.m.-noon	July 9-13

## Mini-Soccer

Fun games, competitions and skill-building activities are designed to enlighten and develop budding players. One and a half hours per day for five days.

**Cost: \$110**

Age	Day	Time	Date
4-5 yrs	Monday - Friday	9-10:30 a.m.	July 9-13
4-5 yrs	Monday - Friday	5:30-7 p.m.	July 9-13



## Golden Goal

The 'Golden Goal' session is a fun-packed add-on session that runs Monday-Thursday and is open to the 9 a.m.-noon campers only. Please provide your child with lunch. Challenger Sports coaches will supervise the children over the break between sessions.

**Cost: \$55**

Age	Day	Time	Date
6-16 yrs	Monday - Friday	1-3 p.m.	July 9-13

For **ADULT SPORTS** go to page 32-33



**REGISTER Online**

@ [www.challengersports.com](http://www.challengersports.com)

Click the "find a camp near you" tab  
& navigate via the "programs" section.



# Youth Sports

## Youth Sports Association - Contacts

Recreation Supervisor - Sports	Carleen Lehr	(303) 655-2208	CLehr@brightonco.gov
Sports Coordinator	Amanda Aburto	(303) 655-2203	AAburto@brightonco.gov
Brighton Youth Baseball Association Recreation & Competitive - (5-14 years)			www.brightonyouthbaseball.com
Track (indoor and outdoor) and Cross Country	John Martinez	(720) 422-0591	JohnMartinez803@comcast.net
Brighton Youth Association Football			www.brightonyouthfootball.com
F.C. Brighton Soccer	Info Line	(720) 523-3004	www.fcbrighton.com
Bull Frogs Swimming Team	Heidi Heim	(303) 323-5765	b_abullfrog@hotmail.com
<b>Sports Hot Line</b>		(303) 655-2210	

Call the Brighton Recreation Center's "Sports Hot Line" for current information about possible program cancellations, including cancellation due to inclement weather conditions.

## Upcoming Sports Activities

### Spring/Summer (March - July)

Soccer (ages 6-12) • Pee-Wee Soccer (ages 4-5) • Girls Softball (ages 6-13)  
CARA Track (ages 6-12) • CARA Tennis (ages 8-17) • Tennis Lessons (ages 6-13) • T-Ball (ages 5-6)

### Fall (Late July - November)

Fall Soccer (ages 6-12) • Pee-Wee Soccer (ages 4-5) • Girls Volleyball (ages 8-13)  
CARA Cross Country (ages 7-14) • Flag Football (ages 6-12)

**\*\*Dates listed are when programs are in session. Please allow 4-6 weeks for registration previous to these dates.**

### Teamsideline.com/BrightonCo

Youth Sports schedules are available on the City's website, but also by going to [www.teamsideline.com/BrightonCo](http://www.teamsideline.com/BrightonCo). This website allows you to see your child's schedule, but also allows you to sign up for communications. Through these communications you will receive a text and e-mail regarding any weather cancellations and/or scheduling changes. **You will only receive communication for the sports that your child is signed up for and not anything else.**



### Brighton Recreation Center Welcomes Winter with Wide Range of Programs!

The Brighton Recreation Center will be taking registrations for its Winter & Spring programs starting December 7 & 8!

Thursday, Dec. 7 at 6:30 a.m. marks the date and time for Brighton residents (with proof of residency) to sign up in-person at the Recreation Center for activities such as swim lessons, pre-k classes, dance classes, teen activities and more!

Online registration for residents will be accepted starting at 8:30 a.m. on Thursday, Dec. 7 at [www.brightonrecreation.com](http://www.brightonrecreation.com)

In-person open registration will begin Friday, Dec. 8 at 6:30 a.m. at the Recreation Center, and 8:30 a.m. online.

Phone-in registration will begin Saturday, Dec. 9 at 7 a.m. To register over the phone, call the Recreation Center's amazing front desk team at 303-655-2200!

Keep an eye out for the Recreation Center flyer \*including a special promotional offer\*, which will be in Brighton mailboxes by the end of November!

# Youth Sports

## TEAM SELECTION PROCEDURE

The following procedure will be used in forming teams in each youth sports program.

1. Youth player registration will be open for at least one month.
2. The sports coordinator will open a certain number of teams, depending on the anticipated number of participants. Each team will have a roster limit, after these spots are full, there can be no additional registration for that team. Each team will be assigned a team letter or name. Teams will already be grouped by the following criteria:
  - a. Age division (grade level or actual age).
  - b. The player's gender (Brighton Youth Sports reserves the right to make teams co-ed if the situation requires).
3. Players may be registered to any of the teams for which they fit the criteria; (a 7-year-old boy may be registered for any 7-year-old boy's team), and for which there are roster spots available.
4. Individual coaches will contact players after the rosters are made official and distributed at the coaches meeting for that sport.
5. The City of Brighton Youth Sports staff must retain the right to reallocate players in order to maintain control over team balance. If a team proves to be exceptionally competitive, Youth Sports staff reserves the elastic right to separate those players.
6. Participants must turn the minimum age for the program before the last scheduled day of the program.
  - a. Registrants will only be allowed to move up one age division. However, the participant must meet the minimum age for the activity (ex: for youth soccer, players must turn 6, the minimum age for the program, by the last scheduled game or day of the program).
7. Registration will be open after teams are chosen but only on a space-available basis. Waitlist registrations can only be placed where there are roster spots available - specific team assignment is forfeited after the deadline.
8. After the registration deadline has passed, a waiting list will be kept. The person at the top of the waiting list will be contacted if a roster spot becomes available.
9. Once a team has practiced for two weeks or played any regular season games, participants are not allowed to switch rosters and play for an other Brighton Youth Sports team in the same sport.
10. Participants must not change teams without the express permission of the sports coordinator. Coaches do not have the authority to transfer players to different teams.



# Summer Job Fair 2018

# SUMMER JOB FAIR 2018

**Saturday  
March 17, 2018  
10 a.m. to 2 p.m.**

Summer Camp Staff ■ Swim Instructors ■ Lifeguards  
Child Care ■ Youth & Adult Sports ■ Parks Maintenance

All participants who fill out an application & turn it in on the day of the job fair will get a pass for a free visit to the recreation center

Some positions hire as early as 15 years old

Volunteer opportunities for 14 year olds



**Brighton**  
Recreation Center  
555 N. 11th Avenue  
(303) 655-2200



Come and speak with representatives from the Parks & Recreation Department and get information on employment with the City of Brighton



**February 24, 2018 10 a.m. - 3 p.m.  
Youth Summer Internships & City Employment**

Build your resume, get tips and tricks for sinking your summer job, and see what jobs our City has to offer!

Please contact Abby Martinez with any questions and to RSVP at 303.655.2186 or [agmartinez@brightonco.gov](mailto:agmartinez@brightonco.gov).

# Youth Programs

## Drop-In Child Care

Monday through Friday 8 - 11:30 a.m.  
Monday through Thursday 5:30 - 8:30 p.m.  
Saturday 8 - 11 a.m.

- Drop-in Child Care provides supervised child care for children six months through seven years of age.
- Supervised care is available while using the Recreation Center.
- Parents need to register their children upon arrival.
- Only punch cards are accepted in child care; no cash.
- Child care punch cards are available for purchase at the front desk and reloadable in two, five or 15 hour cards.
- Cost is \$2/hour per child. **If you purchase a 15 hour pass you will save \$4!**
- There is a 90-minute time limit per visit.
- Please bring a labeled drinking cup or a water bottle and a snack for your child.

## Kids in the Kitchen!

Sign up to learn how to make a homemade dish. Kids will learn about kitchen safety practices, food preparation, ingredients, measuring, following recipes, proper use of kitchen tools and appliances. The class also enjoys sampling the treats they make and taking home recipes.

Min/Max: 4/8

Cost: \$30

Age	Day	Date	Time	Session
7.0-12.0 yrs	Wed	Jan 17, 24, 31	5:30-7 p.m.	410030A
	Tue	Feb 27, March 6 & 13		410030B

## Kitchen Basics for Kids

Our young friends are introduced to basic concepts such as ingredients, measuring, mixing and instructions by creating items from no bake snacks to beverages and various kinds of playdough.

Min/Max: 4/8

Cost: \$25

Age	Day	Date	Time	Session
4.0-6.0 yrs	Tue	Feb 6, 13, 20	5:30-6:30 p.m.	410031A
		March 6, 13, 20		410031B

## Preschool Age Programs

These educational programs provide a great opportunity for children to engage with peers in a supervised group environment that encourages creativity, interaction, socializing, problem solving and communication. Children are lead through different activities to enhance fine and gross motor skills with age appropriate games, stories, songs, crafts and worksheets.

### Wee Ones

Through the exploration of various games, crafts, books and activities, we focus on individual and group socialization plus cooperative play in a fun and colorful setting. Parents must remain in the building during this program.

Min/Max: 6/8

Age	Day	Date	Time	Session	Cost
2.0-3.0 yrs	Tue/Thu	Jan 9-Feb 15	8:30-9:15 a.m.	410003A	\$39
		Feb 20-March 22		410003B	\$33
		April 3-May 10		410003C	\$39

### ABCs & 123s

This class prepares little ones for pre-school with first learning basics for a successful classroom environment such as holding a pencil, sitting with a group and at a table, participating, listening, sharing and instruction. Children learn socialization skills, numbers, colors, letters and much more. Activities include arts and crafts, games and songs. Please send your child with a small snack daily.

Min/Max: 6/10

Age	Day	Date	Time	Session	Cost
3.0-4.0 yrs	Tue/Thu	Jan 9-Feb 15	9:30-11:30 a.m.	410004A	\$78
		Feb 20-March 22		410004B	\$65
		April 3-May 10		410004C	\$78

### KinderPrep

Not ready for kindergarten yet? This program reinforces classroom etiquette and socialization skills while providing a more intricate look at concepts such as patterning, categorization, rhyming and scissor skills while still exploring letters, numbers and shapes in a fun and structured environment through activities, crafts, games and songs. Please send your child with a small snack daily.

Min/Max: 6/10

Age	Day	Date	Time	Session	Cost
4.0-5.0 yrs	Mon/Wed/Fri	Jan 8-Feb 16	9-11 a.m.	410021A	\$117
		Feb 19-March 23		410021B	\$98
		April 2-May 11		410021C	\$117

### For All Classes Listed In this Section:

- Children must be toilet trained to attend any of the classes
- All classes are held at the Rec. Center unless otherwise noted
- The stated age requirement must be reached by the date of the first class



# Youth Programs

## Father Daughter Dance

Join us for a magical night of dancing, games and prizes. Ticket price includes dancing, food, drinks, and a photo. This year's theme will be Masquerade. Registration is required. This event did sell out last year. Registration deadline Jan. 9.

Min/Max: 20/300

Cost: \$15/pair, additional girls \$5

Age	Day	Date	Time	Session
All ages	Sat	Jan 13	5:30 - 9 p.m.	410100A
Additional Child				410100B

## Mother Son Showdown

An afternoon of friendly competition, with "minute to win it" challenges, activities, sports, snacks and a photo booth for selfies. Registration deadline April 3.

Min/Max: 20/300

Cost: \$10/pair, additional boys \$5

Age	Day	Date	Time	Session
All ages	Sat	April 7	3:30 - 6:30 p.m.	410100C
Additional Child				410100D

# FUNSHINE SUMMER CAMP

Funshine is a state licensed summer day program for ages six through 12 years old. Participants attend weekly swimming and field trips along with daily games, sports and crafts. The program is divided into age appropriate groups.

- Registration is at the Recreation Center
- Resident registration: February 1 at 7 a.m.
- Open registration: February 2 at 7 a.m.
- A \$100 deposit **non-refundable** deposit is due at the time of registration plus required paperwork
- Phone or mail-in registration is not permitted

ALL participant information including 2018 immunizations, emergency contacts, allergies, medical/dental providers, and t-shirt size is required in order to register. Immunizations required annually. Registration packet will be available December 15.

**Location: North Elementary**

Age	Day	Date	Time	Cost	Session
6-12 yrs	Mon - Fri	Jun 4 - Jul 27	8 a.m.-4 p.m. Regular Hours	\$744/ child*	420016A
6-12 yrs	Mon - Fri	Jun 4 - Jul 27	7:30 a.m.-5:30 p.m. Extended Hours	\$1032/ child*	420017A

\* There is an additional \$12 fee for the facility. (Camp t-shirts must be worn on all field trips, there is a \$10 fee for replacement).



## Payment Options

The Funshine program allows families to either pay the full camp fee at the time of registration or split payments by following the schedule below. Paying the \$100 deposit infers the understanding that payments will be received no later than the due dates below or your child's spot may be filled. Final payment is due no later than May 8.

Deposit	A \$100 non-refundable deposit is required at the time of registration and will be counted toward the total balance due
First Payment due April 2	Regular Hours \$322 + \$12 27J facility fee Extended Hours \$466 + \$12 27J facility fee
Final Payment due May 8	Regular Hours \$322 Extended Hours \$466

## Paperwork Required for 2018 Registration

You cannot register without having completed the documents listed below. All forms are available at the Recreation Center front desk or online at:

[www.brightonco.gov](http://www.brightonco.gov) → Recreation Center → Funshine

Forms will also be available day of registration.

Funshine 2018 Registration Form	2018 Form must include emergency contacts and medical/dental information.
Proof of Immunization	An approved CDHPE Immunization Card must be filled out. This form must be signed by your physician or state recognized medical personnel.

If your child uses an inhaler, has severe allergies or will be taking any medication while at summer camp you will need to fill out additional paperwork. These forms must be reviewed and **signed by your doctor** before submitting. We are open to take medications by the parent meeting May 8.



# Youth Programs

## Gallery On the Go - Kids 'n Canvas

Not a painting class; it's a party! In just two hours, a trained Gallery On The Go Guide will instruct a pre-selected piece of artwork while guests enjoy painting and spending time with friends and family. Limited seating so register now. You don't need to be an artist to have fun! For more information, please email [toni@galleryonthego.com](mailto:toni@galleryonthego.com).

Min/Max: 7/10

**Cost:** \$19

Age	Day	Date	Time	Session
6-13 yrs	Wed	Jan 10	5:30-7:30 p.m.	210002A
		Feb 14		210002B
		March 14		210002C
		April 11		210002D

## Play-Well TEKologies



## Teaching Engineering to Kids

## STEM Challenge with LEGO

Power on your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer designed projects such as Catapults, Pneumatic Cranes, Arch Bridges, and Battletracks! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. For questions please contact Brie at 720-515-7390 or [brianna@play-well.org](mailto:brianna@play-well.org).

Min/Max: 8/25

**Cost:** \$108

Age	Day	Date	Time
6-11 yrs	Wed-Fri	March 28-30	9 a.m. - Noon

## Ballerinas

Calling all preschool ballerinas! Dancers will learn ballet basics and dance to fun music. Attire: Leotard, tights & ballet shoes.

Min/Max: 5/13

**Cost:** \$103 (includes costume)

Age	Day	Date	Time	Session
3-4 yrs	Sat	Jan 20-March 10*	11-11:40 a.m.	210006A
5-8 yrs			2-2:40 p.m.	210006B

\*Dance Recital on 3/13 at 7 p.m. at the Brighton Armory

Age	Day	Date	Time	Session
3-4 yrs	Sat	April 7-May 26**	11-11:40 a.m.	210006G
5-8 yrs			2-2:40 p.m.	210006H

\*\*Dance Recital on 6/2 at Summerfest

## Dance Combo

Dancers will focus on Ballet, Tap and Jazz technique. Attire: Leotard and tights, ballet shoes & tap shoes.

Min/Max: 5/13

**Cost:** \$103 (includes costume)

Age	Day	Date	Time	Session
3-4 yrs	Sat	Jan 20-March 10*	11:45 a.m.-12:25 p.m.	210006C
5-8 yrs			1:15-1:55 p.m.	210006D

\*Dance Recital on 3/13 at 7 p.m. at the Brighton Armory

Age	Day	Date	Time	Session
3-4 yrs	Sat	April 7-May 26**	11:45 a.m.-12:25 p.m.	210006I
5-8 yrs			1:15-1:55 p.m.	210006J

\*\*Dance Recital on 6/2 at Summerfest

## Pom/Cheer

We will learn dances, cheers and technique. Comfortable clothes and tennis shoes. POMS included.

Min/Max: 5/13

**Cost:** \$103 (includes pompons)

Age	Day	Date	Time	Session
5-8 yrs	Sat	Jan 20-March 10*	12:30-1:10 p.m.	210006E

\*Dance Recital on 3/13 at 7 p.m. at the Brighton Armory

Age	Day	Date	Time	Session
5-8 yrs	Sat	April 7-May 26**	12:30-1:10 p.m.	210006K

\*\*Dance Recital on 6/2 at Summerfest

## Hip Hop

Dancers will engage in Lyrical Jazz technique as well as fun hip hop steps!

Min/Max: 5/13

**Cost:** \$103 (includes costume)

Age	Day	Date	Time	Session
4-8 yrs	Sat	Jan 20-March 10*	2:45-3:15 p.m.	210006F

\*Dance Recital on 3/13 at 7 p.m. at the Brighton Armory

Age	Day	Date	Time	Session
4-8 yrs	Sat	April 7-May 26**	2:45-3:15 p.m.	210006L

\*\*Dance Recital on 6/2 at Summerfest

# Youth Programs



We are pleased to announce hands-on science workshops and camps that include exciting experiments and interactive participation! Register early; space is limited. These activity-based workshops are designed to get kids energized and excited about space science and exploration and participate in hands-on experiments. All materials included.

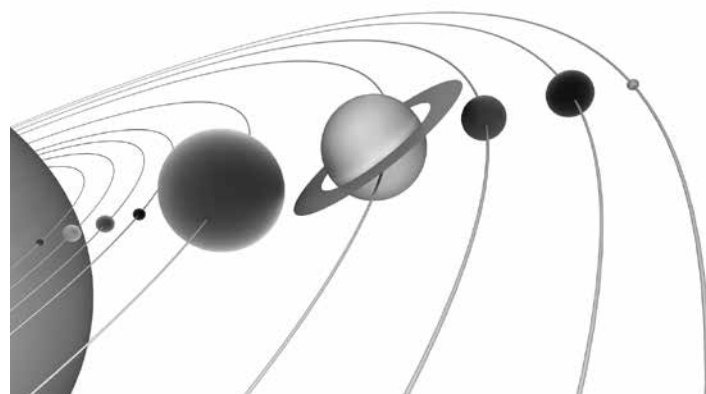
**All workshops are \$25**

## Interstellar Adventure Workshop

SpaceTime's Interstellar Adventure workshop takes kids on a journey beyond the edges of our Solar System to explore the many mysteries of deep space including traveling at near the speed of light, piloting a nuclear powered spacecraft, taking shortcuts through wormholes, building and launching rovers & spacecraft to distant alien worlds and much more.

Min/Max: 6/16

Age	Day	Date	Time
5 - 10 yrs	Sat	Jan 20	9-11 a.m.
		Feb 17	11:15 a.m.-1:15 p.m.
		March 17	11 a.m. - 1 p.m.
		April 14	12:15 - 2:15 p.m.



## Sailing the Solar System Spring Break Camp

half day, full day or half & full day combo camp

Set sail on an amazing journey through our cosmic neighborhood with SpaceTime's Sailing the Solar System. This week long camp will take kids on a hands-on & minds-on adventure through the Solar System where they will get to explore the moons of Jupiter & Saturn, search for signs of life on distant worlds, build their very own SpaceTime Cosmic Cruisers, pilot a remote controlled planetary crawler, test out their astronaut skills in our micro-gravity boots and much more.

Min/Max: 5/12

**Cost:** \$170 half day  
\$250 full day

Age	Day	Date	Time
5 - 10 yrs	Mon-Fri	March 26-30	9 a.m. - Noon (half day) 9 a.m.-4 p.m. (full day)

## Alien Invasion Workshop

**THE ALIENS ARE COMING, THE ALIENS ARE COMING!!**

SpaceTime's Alien Invasion workshop takes kids on a virtual space mission to search for alien life on some of the new worlds that have been discovered outside our solar system as well as on a few of the world's INSIDE our solar system. They will get to do science fly-bys over the moons Titan, Enceladus, & Europa and then take an interstellar voyage to a distant star to see if its worlds may contain extraterrestrial life.

Min/Max: 5/12

Age	Day	Date	Time
5 - 10 yrs	Sat	Jan 20	11:15 a.m.-1:15 p.m.
		Feb 17	9-11 a.m.
		March 17	1:15 - 3:15 p.m.
		April 14	10 a.m. - Noon

## Register for SpaceTime Workshops

To register for the listed SpaceTime Workshops, please contact them at **720.851.7700** or at **www.spacetimekids.com**.

For information regarding their programs, e-mail [info@spacetimekids.com](mailto:info@spacetimekids.com).

# Teen Programs

## Volunteer Opportunities

### Festival of Lights/Winter Festival

December 9, 2017

Teens, Santa needs helpers! We need your help with the 22nd Annual Festival of Lights Parade and Tree Lighting Ceremony on December 9. Volunteer hours can be used toward your community service requirement. Call or email us at 303-655-2225; abelsterling@brightonco.gov.

Age	Day	Date	Time
13-18 yrs	Sat	Dec 9 Parade	Noon-7 p.m.

Meet at Historic City Hall for the Festival of Lights Parade activities.



### Father Daughter Dance Volunteers

Jan. 13, 2018

Help us as we put on our 2nd annual Father Daughter Dance! We will need help with set up, take down, serving refreshments, and more. For more information on how to help, please call or email us at (303)655-2225; abelsterling@brightonco.gov.

### Egg Dash

March 24, 2018

Mark your calendar for March 24! Pitch in and help with this big event. Earn community service credit. This is a city-wide Easter Egg Hunt with 12,000 eggs, prizes and pictures with the Easter Bunny and other costume characters to provide a festive atmosphere.

**OUTDOOR EVENT** – Please dress for the weather!!

To volunteer for this event, please contact  
Allison Belsterling (303) 655-2225  
abelsterling@brightonco.gov

### Night of the Stars Talent Show



"Night of the Stars" talent competition for youth in grades K-12. Be a part of the talent! Calling all singers, dancers, musicians, actors, magicians, and more to compete in the Night of the Stars Talent Show. Winners from the local competition will move on to compete against other cities at the state level. The entry fee covers the audition only and does not guarantee you a spot in the local show. Participants must be able to commit to all dates. To register for auditions, please contact the Recreation Center front desk (303)-655-2200.

There are four age categories to be judged during the competition. They are grades K-2, 3-5, 6-8, and 9-12

**VOICE:** includes singers performing to a recorded track or live accompaniment (not self).

**MUSIC:** includes any instrument and/or combination of instrument and voice

**VARIETY:** includes all movement performances (without instruments), dance, comedy, martial arts, and other

**Audition date: Feb. 6 from 5:30-8 p.m. at the Brighton Recreation Center.**

There is a \$6 audition fee. Priority audition will be given to pre-registered participants.

Session	Audition Time	Min/Max
410109A	5:30-6 p.m.	1/4
410109B	6:15-6:45 p.m.	1/4
410109C	7-7:30 p.m.	1/4
410109D	7:45-8 p.m.	1/4

**Dress Rehearsal:**

**Feb. 21 at 5:30 p.m. at The Armory at Brighton Cultural Center; 300 Strong St. Brighton, CO 80601.** If you have an instrument please plan to arrive at 5:15 p.m.

**Local Competition:**

**Feb. 22 at 5:30 p.m. at The Armory at Brighton Cultural Center; 300 Strong St. Brighton, CO 80601.** There is a \$6 admission fee for audience age three and above. The local competition is a combination of talented performers from Brighton & Commerce City.

**State Level Competition:** Top-rated acts at the local competition will be chosen to compete at the state level on March 11, 2018 at Lakewood Cultural Center located at 470 S Allison Pkwy, Lakewood, CO 80226.

## Teen Programs

### Colorado Youth Adventures

Join us for trips around the Denver Metro area. Offered in cooperation with the cities of Broomfield, Hyland Hills Recreation District, Englewood, Commerce City, Brighton, and Estes Park Recreation. "Building community among youth!"

### Breckenridge Snow Sculptures & Lunch

Imagination comes to life through the magic of snow, and little hands. The Main Street Station Junior Snow Sculpture event is open to children, ages nine and up on Saturday, Jan. 27 to help kick-off the Breckenridge International Snow Sculpting viewing. This year's theme will focus on animals. Young participants will use the same type of snow that the big competitors use, and will learn the basics of snow sculpting in an enjoyable environment. Instruction will be led by one of Breckenridge's own artists and sculpting extraordinaire, Mauricio Meneses. Deadline to register: Jan. 14, 2018

Min/Max: 3/6

Cost: \$30

Age	Day	Date	Time	Session
11-18 yrs	Sat	Jan 27	7:30 a.m.-4 p.m.	410124A

Meet at the Brighton Rec Center

## Youth Summer Internships & City Employment

# LAUNCH



**DATE:** 2/24/18

**TIME:** 10 AM—3 PM

**LOCATION:** City Hall  
500 S 4th Ave Brighton, CO 80601



**Build your resume, get tips  
and tricks for sinking your  
summer job, and see what jobs  
our City has to offer!**

Please contact Abby Martinez with any questions and to RSVP at  
303-655-2186 or [agmartinez@brightonco.gov](mailto:agmartinez@brightonco.gov)



**Brighton**

See page 20 for information on the 2018 Summer Job Fair.

## Brighton Cultural Arts Commission

### The Brighton Cultural Arts Commission (BCAC)

was created in 1996. One of the goals of BCAC is to promote cultural arts throughout the Brighton community. If you are interested in finding out more about BCAC, call (303) 655-2076 or check out the website at [www.brightonco.gov](http://www.brightonco.gov).



### Brighton Arts, Culture & Tourism Website

Brighton has a robust and vibrant Arts and Cultural scene loaded with exciting events. The Office of Arts & Culture is bringing arts, culture, business and opportunities for community groups, and individuals together, in one central location – [www.brightoncoARTS.org](http://www.brightoncoARTS.org). This website is a great place to explore and learn about the fun facts and history of Brighton as well as the latest information on current events and fun things to do. From upcoming shows and entertainment at the Armory to the best places to eat and shop in Brighton, [www.brightoncoARTS.org](http://www.brightoncoARTS.org) is a window into some of Brighton's best kept secrets.

# BRIGHTON

be the

# FIRST TO KNOW

Connect and Register Online for FREE!

## [www.brightoncoARTS.org](http://www.brightoncoARTS.org)

### ARTfest at the Armory

ARTfest, an art show at The Armory features local artists. The show will be this spring. Applications will be available online at [www.brightonco.gov](http://www.brightonco.gov). Call David Gallegos 303-655-2176 for more information.

# General Interest Classes



## Babysitters Course

This course is designed for 11-14 year olds to give the knowledge necessary for the first time babysitting. Pediatric CPR/First Aid including: two year certification, Personal Safety, Growth and Development, Discipline, Illness and Injury Prevention, Basic Childcare such as diapering, feeding & bathing. [advancedcarecpr@comcast.net](mailto:advancedcarecpr@comcast.net)

Min/Max: 5/20

**Cost: \$55 (bring a lunch)**

Age	Day	Date	Time	Session
11-14 yrs	Mon	Jan 15	9 a.m.-3 p.m.	210001A
	Sat	March 17		210001B



## CPR/Adult First Aid/AED

This class will teach the skill and instruction needed to perform in case of an emergency such as: rescue breathing, choking, adult, child and infant CPR, control bleeding, care of a fracture and other injuries that may occur. This class fulfills all requirements for those certified as Foster Parents, Group Homes, Child Cares, Day cares, and Elder Care facilities. This class is a great resume skill and having this knowledge may save someone's life. **Two year Certification.**

Min/Max: 5/25

**Cost: \$65**

Age	Day	Date	Time	Session
15+	Sat	Jan 6	9 a.m.-1 p.m.	210008A
		Jan 27		210008B
		Feb 24		210008C
		March 10		210008D
		March 24		210008E
		April 14		210008F
		April 21		210008G

# SPORT KARATE FITNESS CENTER



## Sport Karate

This class offers a complete fitness and self-defense program for youth and adults. Classes focus on developing confidence and heightening one's awareness. Children will learn increased focus, concentration, strength, balance and safety skills. Our mission is to improve overall physical fitness, development and promote self-defense for all levels.

Min/Max: 3/40

**Cost: \$45/month**

Age	Day	Date	Time
6+	Mon & Thu	Monthly	7:30 -8:45 p.m.

To register and receive more information for this class please go to [www.askus.com](http://www.askus.com) or call 303-204-0037.

Walk-in registration available with instructors before or after class time.



## Concealed Carry Permit Class

This class reviews handgun safety and concealed carry law. Completion of this class will give students a completion certificate necessary when applying for a concealed carry permit. **This is not an NRA approved course.**

Min/Max: 3/10

**Cost: \$80**

Age	Day	Date	Time	Session
21+	Sat	Feb 3	9 a.m.-1 p.m.	210008J
	Fri	April 27		210008K



# Fitness & Wellness Classes

## GROUP FITNESS

**Basic Yoga:** Move through a series of poses, the movements and the breath are continuous. This mild stretch and Yoga class is designed to calm and strengthen the body.

**Bodycombat:** This high-energy martial arts inspired workout will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ. It is totally non-contact and there are no complex moves to master.

**Bootcamp (No Choreography):** Bootcamp mixes traditional calisthenics and body weight exercises with interval training and strength training. This challenging class pushes the participants harder than they'd push themselves and, in that way, resemble a military boot camp.

**CRT Circuit: Cardio Resistance Training** - Come challenge the whole body while moving from one timed station to the next. No choreography in this action packed workout. Benefits: burns calories, builds muscle, cardiovascular health and boosts endurance.

**Flow Yoga:** Coordinate movement with breath. Each pose is connected to the next to create a smooth transition between poses.

**HIIT:** This challenging 30 min strength class will build both strength and endurance. You will work equal intervals of strength and cardio to get a challenging full body workout.

**Hip Hop:** Come experience where Hip Hop dance and fitness collide. Learn today's hottest hip hop moves while enjoying the benefits of a fun, dynamic workout that tones muscles and develops core strength. This class is designed for all fitness levels.

**Pilates-Pluss:** It's like Pilates®, but with more fitness tools. Core conditioning, classic mat work strength trainings sequences that lengthen and strengthen the muscles.

**BODYPUMP®:** The Fastest Way In The Universe To Get In Shape. BODYPUMP is a strength endurance training class where muscle and music collide! Low on complexity but high in fun, BODYPUMP has all of the benefits of traditional weight training combine with time efficiency and predictability. BODYPUMP is great for "EVERY BODY." Check the fitness studio bulletin boards for specific days and times of re-launches!

**BODYVIVE3.1®:** If you want the optimal mix of strength, cardio and core training this is it. Step into a BODYVIVE 3.1 class and you can be sure you're heading into one of the safest and most effective workouts around. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories. The great music will leave you fizzing with energy and feeling great. New choreography and music is introduced on a quarterly basis. Check the fitness studio bulletin boards for specific days and times of re-launches!

**Zumba:** Zumba combines Latin and international music to make a hip shaking calorie burning workout.

**Child Care Hours:** Ages 6 months-7 years old

Mon-Fri	Mon-Thu	Sat
8-11:30 a.m.	5:30-8:30 p.m.	8-11 a.m.

## SilverSneakers®

**Back to Balance:** This class improves balance, posture and functional strength. The use of various types of balancing fitness tools and dynamic cardio movements will strengthen your core and strengthen your heart.

**Cardio & Mobility:** Start your metabolic furnace with low impact cardio while training your muscles to be more mobile. The use of bands, foam rollers, body weight and corrective exercises will be used to help improve mobility and help prevent injury. This class will help you move better, improve your workouts while aiding your bodies recovery.

**SilverSneakers® Fit:** Designed for active adults who desire a safe and effective low-impact cardiovascular workout. Hand held weights, elastic tubing with handles are used for progressive resistance training. Chair can be used for stability and/or support for upper body strength exercises and abdominal conditioning. (Level 2)

**SilverSneakers® Classic:** A full body workout using a chair for seated and standing support. Muscular strength and range of movement conditioning is done at a very beginning level. A variety of strength and balance exercises are done using body weight, hand held weights, balls and elastic tubing with handles. (Level 1)

**SilverSneakers® Yoga:** This class challenges you with a variety of simple and safe yoga exercises you do at your own pace. Using a chair for support, increase flexibility, build endurance and learn how to relax and think more clearly. (Level 1).

## Cycling Classes

**Cycle 30:** This class is great for beginners and those that want a quick cardio workout. You can still burn those calories while working on hills and sprints.

**Cycling:** Come torch calories and ride with us! This Indoor cycling class is an hour long and allows you to be in control of your intensity and resistance. Come burn body fat and start working on muscle endurance.

**RPM™:** The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

## New Year Fitness Party

Thursday, Jan. 18  
5:30-7:30 p.m.

Our Les Mills classes will have new choreography for you to check out.

Join us for a fun two-hour workout with all of our Les Mills formats!!

More information to follow.



# Fitness & Wellness Classes

## WATER FITNESS

**Aqua Zumba:** Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Come join the party!

**Deep Water:** This non-impact deep water class incorporates muscular strengthening, aerobics conditioning, and abdominal toning exercises. In it you'll use flotation equipment for buoyancy and water resistance. Participants should be comfortable in deep water.

**H2O Fitness:** Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

**SilverSneakers® SilverSplash:** SilverSplash® offers shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

### Love your Body Brunch and Learn

Join us Saturday, Feb. 11 at 8 a.m. for a one-hour workout with a healthy brunch and learn provided immediately following the workout. Spots are limited, so please register early! Contact the recreation front desk at (303) 655-2200.

Saturday, February 10, 2018  
8 a.m.  
Session #511012A

## Personal Training

Each body type is unique and requires a different kind of training method to reach optimum health and fitness. A certified personal trainer can gauge your current fitness level, discuss your goals and develop a program tailored to meet your specific needs. Work one-on-one with a personal trainer to meet your fitness goals.

Sessions are one hour each. Each registration includes a 30-minute orientation and assessment with your trainer to discuss your goals.

Age	Session#	Cost
Adult/ Youth	PTPP1	\$40 for 1 Session
	PTPP3	\$108 for 3 Sessions
	PTPP5	\$160 for 5 Sessions
	PTPP10	\$300 for 10 Sessions

Minimum of three hours is required for initial package purchase. *Note:* A medical consultation and a verbal physician's release is required (Forms are available at the Recreation Center).



Get up to the  
minute schedule  
changes by  
downloading  
our APP.

Available on  
iTunes & Android.



Due to trends and demands in fitness, the drop-in schedule is regularly updated. For the most up to date schedule please visit [www.brightonrecreation.com](http://www.brightonrecreation.com)

Download the Fitness APP "Brighton Recreation Center" or contact Kristin Meaux, the Fitness Supervisor at 303.655.2228.

Ages 12+ are welcome to attend our Fitness classes with an adult. Ages 12-14 years are permitted to use the weightroom with an adult after completion of our Youth Weight Room Orientation.

## Semi-Private Personal Training

Work out with a friend while still reaping the benefits of a personal trainer. Semi-private training provides the same benefits as our personal training program, but you can do it with a friend at a lower session rate.

Sessions are one hour each. Each registration includes a free orientation and assessment with your trainer to discuss your goals.

Age	Session#	Cost per Participant
Adult/Youth	SPTPP3	\$90 for 3 Sessions
	SPTPP5	\$150 for 5 Sessions
	SPTPP10	\$300 for 10 Sessions
	SPTPP15	\$450 for 15 Sessions
Group of 3	GROUPT15	\$210 for 15 Sessions

*Note:* A medical consultation and a verbal physician's release is required (Forms are available at the Recreation Center).

# Fitness & Wellness Classes

## Fit Body Trainings

Sessions run the full month

Min/Max: 4/8

**Cost:** \$112 per person  
(Registration Required)

Age	Day	Date	Time	Session
15 +	Mon/Wed	Jan 3-31*	6-7 a.m.	510301A
		Feb 5-28*		510301B
		March 5-28		510301C
		April 2-30		510301D
	Mon/Wed	Jan 3-31*	4:30-5:30 p.m.	510301E
		Feb 5-28*		510301F
		March 5-28		510301G
		April 2-30		510301H
	Mon/Wed	Jan 3-31*	6:30-7:30 p.m.	510301I
		Feb 5-28*		510301J
		March 5-28		510301K
		April 2-30		510301L
	Tue/Thu	Jan 2-30	6-7 a.m.	510301M
		Feb 6-27		510301N
		March 6-29		510301O
		April 3-26		510301P
		Jan 2-30	4:30-5:30 p.m.	510301Q
		Feb 6-27		510301R
		March 6-29		510301S
		April 3-26		510301T
		Jan 2-30	6:30-7:30 p.m.	510301U
		Feb 6-27		510301V
		March 6-29		510301W
		April 3-26		510301X

\*No class Jan. 15 & Feb. 19



## FREE Weight Room Orientations

Learn to safely use cardiovascular equipment and weight machines.

Please contact the Fitness Office to schedule your appointment.

**303.655.2228**

## Youth Training & Fitness

### Youth Weight Room Orientation

An introductory class, taught by a certified personal trainer that encourages positive body image and emphasizes a safe weight training environment. Junior passes will be given to those who successfully complete this course and may be used with adult supervision in the weight room. Class will cover: Weight Room safety, Safe lifting techniques, etiquette and Weight Room rules, and proper use of machines and cardio equipment.

Min/Max: 1/10

**Cost:** \$25

Age	Day	Date	Time	Session
12-14 yrs	Sat	Jan 20	9-10:30 a.m.	510305A
		Feb 24		510305B
		March 24		510305C
		April 21		510305D

A weight card is **REQUIRED** for all youth under the age of 15 to use the weight room.



# Fitness & Wellness Classes

## Silver Boomers Weight Lifting

Healthy bones, strength and range of motion are essential to a happy and healthy lifestyle. A personal trainer will teach you how to work out safely and properly. This senior class will be full of fun and knowledge. Come join the best of the best and become even better. **SilverSneakers® Members are FREE!**

Min/Max: 4/8

Sessions run the full month

**Cost \$24** (includes a 50% senior discount)

SilverSneakers: FREE (Registration Required)

Age	Day	Date	Time	Session
50+	Mon/Wed	Jan 3-31*	6:30-7:30 a.m.	510104A
		Feb 5-28*		510104B
		March 5-28		510104C
		April 2-30		510104D
		Jan 3-31*	9:30-10:30 a.m.	510104E
		Feb 5-28*		510104F
		March 5-28		510104G
		April 2-30		510104H
	Tue/Thu	Jan 2-30		510104I
		Feb 6-27		510104J
		March 6-29		510104K
		April 3-26		510104L
	Mon/Wed	Jan 3-31*	10:30-11:30 a.m.	510104M
		Feb 5-28*		510104N
		March 5-28		510104O
		April 2-30		510104P
	Tue/Thu	Jan 2-30		510104Q
		Feb 6-27		510104R
		March 6-29		510104S
		April 3-26		510104T
		Jan 2-30	5:30-6:30 p.m.	510104U
		Feb 6-27		510104V
		March 6-29		510104W
		April 3-26		510104X
	Fri	Jan 5-26	9:30-10:30 a.m.	510104Y
		Feb 2-23		510104Z
		March 2-30		510104AA
		April 6-27		510104BB
		Jan 5-26	10:30-11:30 a.m.	510104CC
		Feb 2-23		510104DD
		March 2-30		510104EE
		April 6-27		510104FF

\*No class Jan. 15 & Feb. 19

**Note: A medical evaluation and physician's release is required.**

If you plan on attending multiple sessions please register for those sessions so that your spot is reserved.

## Attention Active Older Adults!

Wednesday, Feb. 14, 8 a.m.—Noon

Senior Fitness Appreciation Day

Coffee, Fruit & Pastries available in the Lobby

Wednesday, April 18, 8 a.m.—Noon

Senior Fitness Appreciation Day

Coffee, Fruit & Pastries available in the Lobby.



## SilverSneakers® Is Here!!

The BRC is proud to host the SilverSneakers Fitness Program.

All of the BRC drop-in activities are free to Silver Sneakers members, including swimming, drop-in fitness classes, aqua fitness, cycling and Silver Sneakers Classes welcome non-Silver Sneakers participants too! Participants must complete an enrollment package before beginning classes.

Stop by the front desk for enrollment.

**Contact the Brighton Recreation Center  
(303) 655-2200**



## CHAIR MASSAGE

**Brighton Recreation Center Lobby**

Monday: 9:30-11:15 a.m. | \$10/10 minutes

Reserve your time at the BRC



# Adult Sports

**For information on  
Youth Sports  
see pages 15 - 19**

## Spring Adult Softball

Play softball this spring! League play, both co-ed and men's rec. Eight weeks of play. T-shirt for first place individual. Teams: 8-16 people per team

**Deadline for registration & fee payments: Feb. 6, 2018**

\* A \$75 late fee will be assessed for late registrations

**Cost:**

\$375

Age	Day	Dates	Time	Session
18+	Tue, Wed & Thu	Feb 20-April 12	6:30 p.m., 7:30 p.m. or 8:30 p.m.	610003A Co-ed 610003B Men's

**Location: Brighton Sports Complex**

**Manager/Coaches Meeting:** Monday, Feb. 12, 2018 at 6 p.m. at the Brighton Recreation Center

## Adult Team Co-ed Volleyball

For men and women to compete! Organize a team and enter to play in our 10-week league. This is a recreational league which provides T-shirts for the first place team.

Teams: Min. 4/ Max. 9

**Deadline to register: Jan. 8, 2018**

team

**Cost:** \$225 per

Age	Day	Dates	Time	Session
18+	Mon	Jan 15 - March 19	6-9 p.m.	610005A

**Location: Brighton Recreation Center Gym**

## Drop-in Pickleball

### Pickle Ball open gym is now offered!

A game for ages 12+ that combines the elements of tennis ping-pong and badminton. It's played on a court, like tennis but half the size, with a wiffleball and paddles. This sport is also offered at the Senior Games! Come and check out what it is all about. Stop by the BRC front desk for more information.

Day	Time
Monday, Wednesday, & Friday (3 Courts)	8-11 a.m. (All Levels)

\* Note: Times are subject to change. Please check with the Front Desk for more information.

\*\* Dec. 18 – Jan. 5, Pickleball times will be adjusted due to the holiday season and winter break (8-10 a.m.)

## Racquetball Courts Hours:

Day	Times
Monday through Thursday	5:30 a.m.-9 p.m.
Friday	5:30 a.m.-6:30 p.m.
Saturday	7 a.m.-6 p.m.
Sunday	10 a.m.-5 p.m.

## Wallyball

An exciting game played similar to volleyball, but on a racquetball court. There are usually 2 or 4 players per side. Make court reservations by phone or in person at the front desk of the recreation center.

## Racquetball Policies

- Reservations can be made by phone or in person
- You may reserve a court 48 hours in advance
- One reservation per person, per day
- No black handballs, racquetballs or non-approved black soled shoes allowed on courts
- Wooden racquets are not allowed
- Protective eyewear is recommended for adults and is required for anyone 17 years of age and younger
- The City of Brighton reserves the right to schedule court time for lessons
- Racquetball racquets and eyewear are available for check-out with your Recreation Center ID card, Colorado Driver License or Colorado ID
- Lessons are offered. Pre-registration is required
- Participants under 15 years of age must complete lessons before independent usage is allowed or must be accompanied by a parent or adult

## 3 on 3 Adult Basketball League

Form a team and get ready for this fast paced, self-run basketball league. Teams will play three games each Sunday for this six week season. A maximum of five players will be allowed on each team's roster. Players will be responsible for running and scoring their games. Championship T-shirts will be awarded for first place. Games will be held on Sunday mornings starting in mid-February. Teams: Min. 4/ Max. 9

**Deadline to register: Feb. 5, 2018**

**Cost:** \$100 per team

Age	Day	Dates	Time	Session
18+	Sun	Feb 11-March 18	10:30 a.m. or 11:30 a.m.	631017A

**Location: Brighton Recreation Center Gym**

**Note:** Minimum needed of 4 teams for league to begin. Maximum of 8 teams will be allowed in league

# Adult Sports

## 2018 SUMMER SOFTBALL

The City of Brighton offers a community softball program that includes:

- USSSA Sanctioned Leagues
- A four field, lighted complex
- 12 softball games – May through August
- Home Run restriction for Men's, Novice, Low Rec. and Mid Rec.
- First and Second Place Sponsor Trophies
- First place individual awards in each league

**Summer Season:** May 1 - August 2

**Registration deadline:** April 23, 2018

Adult teams may register early, starting Dec. 10 at the Recreation Center

A tentative roster of at least 12 players must be submitted to acquire league position at the time of registration.

The City reserves the right to move teams to maintain balanced league integrity.

Teams are accepted on a first-paid, first-served basis.

**Fee Requirements: Adult Team \$475 per team**

\* A \$100 late fee will be assessed for late registration

\*\*All leagues listed are for ages 18 and over

**Play ball on one of these leagues!**

### Men's League

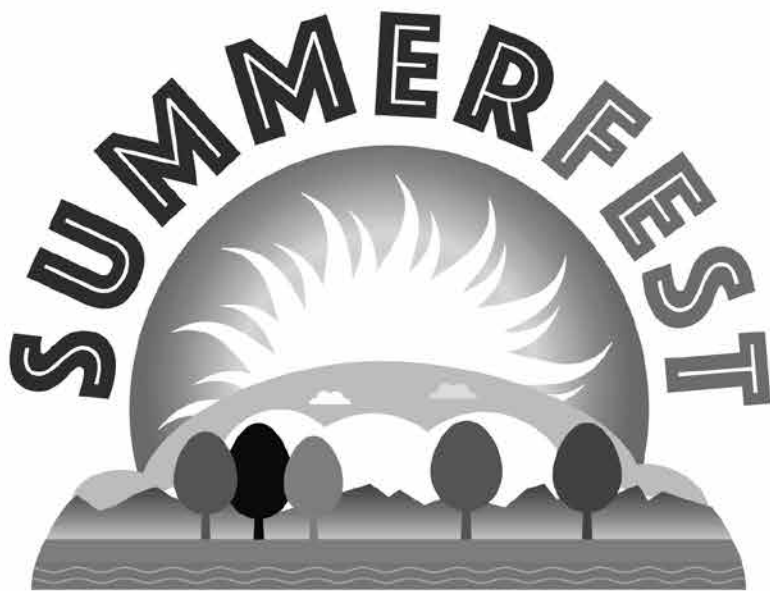
Tuesday Night	Novice	610011A
	Low	610012A, B
	Over 40	610013A
Wednesday Night	Novice	610007A
	Low E	610008A
	E	610009A
	Mid	610010A

### CoEd League

Tuesday Night	Novice	610013B
Thursday Night	Novice	610014A, B
	Low E	610015A
	E	610016A
	Mid	610017A



Adult League Mandatory Coaches Meeting will be held Tuesday, April 24, 2018 at 6 p.m. at the Brighton Recreation Center.  
A team representative should be present at this meeting.



**SAVE THE  
DATE!**

**SAT.  
JUNE 2  
10 A.M. - 7 P.M.**

**CARMICHAEL PARK**  
650 Southern St.  
Behind City Hall

**MORE INFO AT  
[WWW.BRIGHTONCO.GOV/SUMMERFEST](http://WWW.BRIGHTONCO.GOV/SUMMERFEST)**

*Event is free and open to the public!*



# FLIX & Kicks

**MOVIE & CONCERT SERIES**

**BEGINNING IN JUNE 2018**

**BEGIN PLANNING YOUR  
SUMMER NIGHTS OUT!**

**[BRIGHTONCO.GOV/FLIXKICKS](http://BRIGHTONCO.GOV/FLIXKICKS)**



**Brighton**



# Eagle View Adult Center



**1150 Prairie Center Parkway (303) 655-2075**

Monday through Friday 8 a.m. – 4 p.m.

Center Manager:  
Sue Corbett

Program Coordinator:  
Donna Singer

Outreach Coordinator:  
Evon Benitez

Assistant Coordinator  
Christina Harris

Receptionist:  
Becky Eichem

**Continuous Drop-in Activities:** Meet to play cards and games for fun and fellowship: Pinochle, Bridge, UNO, Cribbage, Pitch, Hand & Foot, Mexican Train Dominos, Billiards, Scrabble, and Bingo. No fee – all older adults are welcome.

**Day Trips:** Destinations range from museums, plays, outdoor adventures, tours, restaurants and music venues.

**Happenings and Special Events:** We host holiday events, luncheons, cultural events, socials, educational speakers, and entertainment.

**Classes:** Yoga, fit ball, exercise, wellness, history, memoir writing, driver safety, oil painting, Japanese Bunka, quilting, wood carving, technology and more!

## Annual Spaghetti Luncheon

Saturday, March 3

11 a.m.–2 p.m.

\$7 Adults, \$4 Child (12 & younger)

The Eagle View Adult Center is dedicated to the overall social, educational, outreach, and wellness needs of seniors and active adults. Eagle View Adult Center has a newsletter that gives a complete listing of activities. It is available at Eagle View or online at [www.brightonco.gov](http://www.brightonco.gov).

## Transportation:

**VIA:** VIA provides transportation within the City of Brighton to medical appointments, shopping, Eagle View, and more. Service available Mon - Fri from 7:30 a.m.– 5 p.m. Call (303) 447-2848 x 1014 for more information; call (303) 447-9636 to schedule rides

**Call-n-Ride:** This is an RTD service. Call (303) 994-3549 and make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon-Fri, 6 a.m.-7 p.m. Cost is the local RTD bus fare.

## Services:

**Lunchtime Meal:** A hot, nutritious lunch is provided by Volunteers of America, Monday–Thursday at 11:30 a.m. Make your reservations two working days in advance so we can order meals. Call (303) 655-2271, (Mon - Thu, 10 a.m. - 1 p.m.). Meal donation: \$2.50 (60+ yrs), meal fee \$7.25 (under 60).

**Senior Wellness Clinic:** Visiting Nurses Association (VNA) Senior Wellness Clinic operates on Thursdays from 9 a.m.- 3 p.m. Services include health screenings, blood pressure, foot care, and health education. Appointments required by calling (303) 655-2075. Foot care is \$30, payable at time of service, unless covered by insurance. Reduced fees available.

**Outreach and Referral:** Seniors, do you need help and don't know where to turn? Call Evon Benitez at (303) 655-2079 to set up an appointment. She can assist seniors with completing forms, applying for programs, finding services, and other needs. Home visits available for those who are homebound.

# Platte Valley Medical Center

## Childbirth Education Classes

Platte Valley Medical Center offers a variety of classes to help you prepare for this exciting time in your life. Our comprehensive educational programs will help you be successful at every stage in the process.

## Women's and Newborn Center Tours

Free tours of the Women's and Newborn Center are offered to help you become familiar with the Labor and Delivery Unit, Special Care Nursery, and Postpartum Suites.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** Free, by appointment. Tour size is limited

Day	Time	Dates
Wednesday	6 and 7 p.m.	Jan 3, 17, Feb 7, 21, Mar 7, 21, Apr 4, 18

**Location:** Meet in the hospital lobby by the fireplace

## Birthing Basics Weekend

This two-day class is designed to acquaint you and your coach with the labor and birthing process through interactive discussions and with the aid of handouts, posters, and videos. Relaxation, breathing, and comfort techniques for a natural labor and birth are practiced. Please bring two pillows to class. Pain management options are also reviewed.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$80

Day	Time	2018 Class Dates
Friday & Saturday	Fri: 6-9 p.m. Sat: 9 a.m.-3 p.m.	Feb 9 & 10, Apr 13 & 14

**Location:** Conference Room A & B

## Birthing Basics Express

This one-day express class is designed to acquaint you and your coach with the labor and birthing process through interactive discussions and with the aid of handouts, posters, and videos. Relaxation, breathing, and comfort techniques for a natural labor and birth are practiced. Please bring two pillows to class. Pain management options are also reviewed.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$80

Day	Time	2018 Class Dates
Saturday	9 a.m.-5:30 p.m.	Jan 13, Mar 10

**Location:** Conference Room A & B

## Breastfeeding Basics

Successfully learn the basics of breastfeeding, such as positioning, latching on, nipple care, and breast milk supply in this class. Taught by a certified lactation specialist, we will discuss how moms can incorporate returning to work while breastfeeding. Partners are welcome and encouraged to attend.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$43/class

Day	Time	Dates
Thursday	6-8:30 p.m.	Jan 4, Feb 1, Mar 1, Apr 5

**Location:** Conference Room A

## Baby Basics

This class discusses realistic expectations for your baby's first months and provides information and hands-on practice with bathing, diapering, cord and circumcision care. This class covers:

- Baby's first days of life
- Feeding, diapering, bathing, and baby care basics
- SIDS risks, safe sleeping, and safe car seat use

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$43/class

Day	Time	2018 Class Dates
Thursday	6 - 9 p.m.	Jan 18, Feb 15, Mar 15, Apr 19

**Location:** Conference Room B

## Mommy Mingle

Congratulations! You're a new mom. Now what? Join us for Mommy Mingle. It's the place to connect with other moms and newborns two to 12 weeks old. We know being a mom with a newborn can be exhilarating and scary at the same time. Mommy Mingle is a safe place to connect with moms like you and is led by lactation specialists and other medical professionals. At each Mingle, moms will learn what's normal and what's expected when it comes to healing after delivery and raising a baby.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

You can also join our private Facebook Group for weekly support.

Search: Mommy Mingle at PVMC.

**Cost:** FREE

Day	Time	2018 Class Dates
Every other Saturday	1-3 p.m.	Jan 6, 20, Feb 3, 17, Mar 3, 17, Apr 7, 21

**Location:** Conference Room C

## Bootcamp for New Dads

Bootcamp for New Dads is a one-session workshop led by men for men. You will be oriented to the unique aspects of new fatherhood by the experts – new fathers and their two to four month old babies. Topics include: gatekeeper phenomenon, troubleshooter's guide to crying babies, dad's toolbox, caring for new mom, birth and bonding, what to expect postpartum, working/family balance, and your role as protector. You will have the opportunity to hold and care for real babies who are two to four months old! You may take this class during pregnancy or after your baby is born. Babies may attend this class.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** \$35

Day	Time	2018 Class Dates
Saturday	9 a.m.-Noon	Jan 13, Mar 3, May 5

**Location:** Conference Room A



# Platte Valley Medical Center

## Pilates\*

Pilates is a great form of exercise to strengthen and tone your abdominals, hips, and shoulders, increase flexibility and stamina, and improve overall fitness and health.

**Register by calling:** (303) 498-1840 or [pvmc.org/events](http://pvmc.org/events)

Day	Time	Cost
Tuesday	5:45-6:30pm	\$9/class or \$80 for 10-class punch card. Please go to Medical Plaza Registration, Suite 100 to pay before arriving in class.

**Location:** Hospital Conference Center

## Yoga\*

PVMC is pleased to offer Community Yoga Classes. Bring your own mat and get ready for a fun, energizing way to improve your health.

**Register by calling:** (303) 498-1840 or [pvmc.org/events](http://pvmc.org/events)

Day	Time	Cost
Thursday	12:15-12:50 p.m.	\$6 drop-in fee or \$58 for 10-class punch card. Please go to Medical Plaza Registration, Suite 100 to pay before arriving in class.

**Location:** Conference Center

**\*Note:** Yoga and Pilates classes are subject to change due to instructor availability. Please check [pvmc.org/events](http://pvmc.org/events) for class cancellations.

## FREE Speaker Series

Come learn how to live a healthy lifestyle and prevent chronic disease. Visit [pvmc.org/events](http://pvmc.org/events) to find out more about upcoming topics in this series.

**Register by calling:** (303) 498-1481 or [pvmc.org/events](http://pvmc.org/events)

Event	Time	Date
Immune Boosting Nutrition	4-5 p.m.	Jan 15
Cold Weather Cooking to Keep You Warm	3-4 p.m.	Feb 12
Nutrition Myth or Fact	4-5 p.m.	Mar 26
Fill Your Freezer	3-4 p.m.	Apr 23
Spring Clean Your Pantry	3-4 p.m.	May 17
Finding the Flavor	3-4 p.m.	Jun 28

**Location:** Conference Room A

## Smoking Cessation

If you're ready to kick the habit once and for all, Platte Valley Medical Center offers a seven-week smoking cessation course. The sessions are taught by hospital respiratory therapists (RTs) and include resources to begin your smoke-free journey.

**Register by calling:**

(303) 498-2190 or email [christopher.bowlin@sclhs.net](mailto:christopher.bowlin@sclhs.net)

**Cost:** \$40

Day	Time	2018 Class Dates
Thursday	4:30-6:30 p.m.	Feb 1- Mar 15

**Location:** Conference Room C

## Support Groups and TJU Class

For a complete description of support groups and joint class information, please visit [pvmc.org](http://pvmc.org).

**Cost:** FREE

Group	Time	Day	Register
Cancer Support Group**	11 a.m.– Noon	Jan 13, 27, Feb 10, 24, Mar 10, 24, Apr 14, 28	(303) 498-2200

**Location:** Cardiac lounge area in hospital (across from medical imaging)

Stroke Recovery Support Group	1:30–3 p.m.	Feb 5, Mar 5, Apr 2	(303) 498-1840 Amanda Tarr
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**Location:** Conference Center

Total Joint University	5-7 p.m.	Jan 9, Feb 13, Mar 13, Apr 10	(303) 498-1841 or <a href="http://pvmc.org/events">pvmc.org/events</a>
	9-11 a.m.	Jan 25, Feb 22, Mar 22, Apr 26	

**Location:** Conference Center

Stroke Caregivers Group*	3-4 p.m.	Jan 16, Feb 20, Mar 20, Apr 17	(303) 498-1873 Amanda Tarr
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**Location:** Conference Room C

Stroke Survivors Group*	3-4 p.m.	Jan 16, Feb 20, Mar 20, Apr 17	(303) 498-1873 Amanda Tarr
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**Location:** Conference Room B

\*No RSVP needed for Stroke Caregivers & Stroke Survivors Group

\*\*Refreshments and snacks are provided

## Let's Talk About Diabetes

This FREE class will cover: Overview of diabetes and pre-diabetes, blood sugar monitoring, managing diabetes with your diet, meal planning techniques to fit your lifestyle, medication management, prevention of chronic diseases and wound care, exercise and activity.

**RSVP by calling** (303) 498-1699 or [pvmc.org/events](http://pvmc.org/events)

**Cost:** FREE

Class is led by Outpatient Dietitian Melissa Brunk, RDN, CLC

Day	Time	Dates
Wednesday	4-5:30 p.m.	Jan 10, Feb 14, Mar 14, Apr 11

**Location:** Medical Plaza 2 Conference Center (2nd Floor)

Research your diagnosis and other FREE Health Information at [pvmc.org](http://pvmc.org)

# Community Garden Application



City of Brighton  
2018 Community Garden Application

Name of Gardener _____		Email _____
Street Address _____		
City _____	Zip _____	
Home Phone _____	Other phone (work or cell) _____	
Signature of Renter _____		Date _____

Would you be interested in renting at:

Indicate location choice #1, choice #2, & choice #3. If your 1<sup>st</sup> choice garden location is not available, you will be assigned to another location. If you do not wish to have a plot at another location, do not list a 2<sup>nd</sup> or 3<sup>rd</sup> choice. Returning gardeners will be allowed to reserve their same plot on a space available basis.

____ Choice Zion Community Garden 395 South 14 <sup>th</sup> Ave.	____ Choice Denver St Community Garden 1119 E. Denver St.	____ Choice Brighton Adventist Community Garden 781 South 5 <sup>th</sup> Ave.
____ Choice Northgate Community Garden 4801 Mt. Evans St.	____ Choice Ken Mitchell Park 889 Kinglet Ct.	

**Ken Mitchell Park offers six raised bed gardens, designed to be handicap accessible, available on a first come, first serve basis.**

Applications will be accepted on the first day of registration – early application may result in delays & returned applications

Key dates:

November 3, 2017	Returning gardener registration 7 a.m. for Brighton Residents, 1 p.m. for non-residents
January 5, 2018	1 <sup>st</sup> day of reservations for new gardeners <b>Brighton residents at 7 a.m.</b>
January 19, 2018	1 <sup>st</sup> day of reservations for new gardeners <b>non-residents at 7 a.m.</b>
Mid-March 2018	Plots Rototilled (weather permitting)
April 2018	Keys mailed out
May 2018	Access to water in the gardens.
Late September 2018	Water turned off for the season.
October 2018	Keys due back & plots cleaned to be eligible for the 2019 gardening season

Fees for Gardening: **Payment will be due at the time of your reservation: \$20 for residents in Brighton legal city limits \$30 for non-residents**

Payable by Cash\_\_\_\_ Check\_\_\_\_ Credit Card\_\_\_\_\_ exp\_\_\_\_/\_\_\_\_

**All participants need to submit this form with payment. No phone requests will be accepted.**

For Office Use only#####

Date Received \_\_\_\_\_ Garden \_\_\_\_\_ Plot# \_\_\_\_\_ Key Sent \_\_\_\_\_ Key Returned \_\_\_\_\_

# Registration Form

## RECREATION CENTER PROGRAM REGISTRATION FORM

**Walk-In  
Residents Only**  
December 7  
@ 6:30 a.m.

**Walk-In  
Open**  
December 8  
@ 6:30 a.m.

**Online  
Residents Only**  
December 7  
@ 8:30 a.m.

**Online  
Open**  
December 8  
@ 8:30 a.m.

**Phone-In  
Registration**  
December 9  
@ 7 a.m.

**Mail-In/Fax  
Registration**  
December 9  
@ 7 a.m.

Please print and fill out registration information completely. \*All phone & fax registrations must be paid by credit card.

Parent's Name: \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone: \_\_\_\_/\_\_\_\_/\_\_\_\_ Work Phone: \_\_\_\_/\_\_\_\_/\_\_\_\_

Cell Phone: \_\_\_\_/\_\_\_\_/\_\_\_\_

Email address: \_\_\_\_\_

☐ I have read and understand the refund guidelines.

☐ Check or Money Order made payable to: **City of Brighton**

Driver License Number: \_\_\_\_\_ State: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

American Express/Visa/Mastercard/Discover: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Participant's Name	Session #	Activity Name	Age	Birth Date Mo. Day Yr.	Sex	School Grade	Fee

Total Amount Due \$ \_\_\_\_\_

### RELEASE FROM PARTICIPATION IN INHERENTLY DANGEROUS ACTIVITY

I, the participant and/or parent or guardian of participant understand that the activities registered for contain an element of danger. I agree to indemnify and hold the City of Brighton and any agencies involved in the activities and any of their servants, agents or employees free and harmless from any injury, damages, liabilities, loss, claim, cost or expense including attorney's fees which may result whether by negligence or otherwise. I am solely responsible for payment of all costs resulting from the rendering of medical aid and ambulance services to the participants, and I authorize that all necessary first aid steps may be taken as prescribed by qualified personnel.

**\*\*PARENT/PARTICIPANT SIGNATURE:** \_\_\_\_\_

-----FOR OFFICE USE-----

Date: \_\_\_\_\_ Check #: \_\_\_\_\_ American Express/Visa/MasterCard/Discover \_\_\_\_\_ Clerk: \_\_\_\_\_

For Recreation Center information, please call (303) 655-2200 or visit [www.brightonrecreation.com](http://www.brightonrecreation.com)

# Registration Information

## Five Ways to Register

### 1 - In Person

Walk-In registration for Brighton residents takes place Dec. 7, 2017 beginning at 6:30 a.m. at the Brighton Recreation Center, 555 North 11th Avenue. Please bring proof of residency within legal Brighton city limits.

Open walk-in registration begins at 6:30 a.m. on Friday, Dec. 8, 2017.

### 2 - By Phone

Phone-in registration will be accepted beginning at 7 a.m. Dec. 9, 2017. We accept American Express, Visa, Mastercard or Discover. Please have the following information: participant's name, birth date, sex, address and phone number.

### 3 - By Fax

To register via fax, please complete the registration form and include your credit card information. Fax the form to the recreation center at (303) 659-9405.

### 4 - By Mail

To mail your registration, complete the form and send it along with your payment in the form of a check, money order (made payable to the City of Brighton) or your credit card information to:

**Brighton Recreation Center**  
**555 North 11th Avenue, Brighton, CO 80601**

- Mail in registrations received before Dec. 9, 2017 are not guaranteed early registration and will be processed at random as time permits after 11 a.m. Dec. 9, 2017.
- Mail in registrations received on or after Dec. 9, 2017 will be processed at random on a daily basis. We are not responsible for delayed mail.
- In the event that your class is filled, your check will be returned to you.
- Incomplete forms or insufficient payments will be returned.
- You are registered unless we notify you otherwise.

### 5 - Online

To register online, go to [www.brightonrecreation.com](http://www.brightonrecreation.com) and select "Register Online" in the right-hand sidebar. In order to register online, we will need to have your email address already in our database. You will also need to know your "household" number, available on a receipt from the Brighton Recreation Center.

Online registration will be open to Brighton Residents starting at 8:30 a.m. Dec. 7, 2017. Non-residents will be able to register online starting at 8:30 a.m. Dec. 7, 2017.

Registration online will be available for Recreation Center programming including renewal of most passes. Personal training, private & semiprivate swimming lessons, reduced rates and corporate passes are not available online.

### Payment by Check

The City of Brighton will charge a \$30 service fee for all checks not honored for any reason by the bank. Checks should be made payable to: **City of Brighton**

## Refund Policy for City of Brighton Recreation Center

Refunds will be made according to the following guidelines:

- No cash refunds.
- If class is canceled by Recreation Center: 100% refund
- Refund requests must be received five business days prior to start of the program.
- Refunds of \$25 or less will be issued as household credit only. If participant cancels: refund will be assessed a \$5 service fee per activity unless refund is issued as a household credit.
- Refund request after the program has started: **NO REFUNDS**, except due to illness.
- Credit may be given if the participant is unable to participate due to illness. A doctor's statement must be presented in order to receive credit due to illness.

## Waiting List Procedure

Waiting lists are a source of contact and do not guarantee you will receive a call back. You will receive a call back only if a space becomes available. If you ask to add your name to a waiting list for a closed class it:

- a. Provides us with a name and phone number in the event of a cancellation.
- b. Supplies us with names and phone numbers in case a new class is added.
- c. Does not limit you from registering for any other open class.

## Class Cancellation Policy

When a class is canceled, participants are given the option of transferring to another class, receiving a household credit, a refund check or credit to a credit card. Participants will be notified at least 24 hours in advance when classes are canceled due to insufficient registrations. Refunds will be handled in accordance with refund policy.

## Notice to Participants

Participants must realize that all classes / activities of a physical nature involve some risk and by registering for a Brighton Recreation Center class/activity of this nature, there is an assumption of risk by the participant. The City of Brighton Parks and Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff. Every effort is made to ensure the safety of the participants and to provide them with first class recreational facilities, activities and parks.

## In the event of a serious illness or accident it is the policy of the City of Brighton to:

- Contact 911 for emergency personnel for first aid.
- Reach the parent or guardian as soon as the situation allows.